



PHYSICAL EDUCATION DEPARTMENT

PHYSICAL EDUCATION DRESS POLICY

All Physical Education students will be required to wear a P.E. uniform of elastic waistband shorts, knee length or shorter, or sweatpants and a sleeved tee shirt or sweatshirt. The UNIFORM FOR PE is a WHITE top and BLUE bottom which are required. An accepted school uniform may also be purchased and worn. Complete dress means socks, sneakers, shorts, or sweatpants and shirts, or sweatshirts which are required daily, or no credit will be earned. No other footwear than sneakers will be accepted. Each student will have 4 days to purchase a uniform before points are deducted from his/her grade.

HOPE – Health Opportunities through Physical Education

1183/30260100

Credit: 1 9-10

The purpose of this course is to develop and enhance healthy behaviors that influence lifestyle choices and student health and fitness. The content includes, but is not limited to application of fitness and health concepts, risk and benefits of varying fitness levels, development of an individual wellness plan, completion of a behavior change project, analyzation of skill related fitness, mental and emotional health, including depression and suicide, and tobacco, alcohol, and other drug use and abuse – risk protective factors.

PREREQUISITE: None

Special Note: This course required for graduation if this HOPE option is chosen. Any student whose parents make a written request to the school principal shall be exempt from the HIV/AIDS and human sexuality instructional activities.

PERSONAL FITNESS (paired with Fitness Issues)

CREDIT 1/2 11-12 5578/15013000

Personal Fitness provides students with opportunities to develop an individual optimal level of physical fitness, acquire knowledge of physical fitness concepts, and acquire knowledge of the significance of lifestyle on one's health and fitness. The content includes knowledge of the importance of physical fitness, assessment of the health related components of fitness, health problems associated with inadequate fitness levels, application of biomechanical and physiological principles to improve and maintain fitness, safety practices and psychological values of fitness including stress management, and sound nutritional practices and consumer issues related to physical fitness.

PREREQUISITE: None

Special Note: This course required for graduation

FITNESS ISSUES FOR ADOLESCENTS (paired with Personal Fitness)

5607/15013200

Credit 1/2 11-

12

Fitness Issues for Adolescents extends the knowledge of health-related fitness concepts, helps the student acquire knowledge about selected adolescent issues related to fitness and personal appearance and helps the student improve health-related fitness.

PREREQUISITE: None

BEGINNING WEIGHT TRAINING (paired with

Intermediate Weight) 5581/15013400

Credit 1/2 10-12

Beginning Weight Training provides students with opportunities to acquire basic knowledge and skills in weight training that may be used in physical pursuits today as well as in later life, improve muscular strength and endurance, and enhance body image.

PREREQUISITE: None

INTERMEDIATE WEIGHT TRAINING (paired with

Beginning Weights) 5582/15013500

Credit 1/2 10-12

Intermediate Weight Training provides students with opportunities to extend the acquisition of knowledge and the development of skills in weight training that may be used in physical fitness pursuits today as well as in later life, further improve strength and endurance, and further enhance body image.

PREREQUISITE: Beginning Weight Training or Instructor's permission

ADVANCED WEIGHT TRAINING 5583/15013600

ADV WT TRAINING FOR ATHLETES 4144/1501360A

Credit 1/2 (paired with Beginning Power Weight) 10-12

Advanced Weight Training provides students with opportunities to further extend the acquisition of knowledge and the development of skills in weight training that may be used in physical pursuits today as well as in later life, further improve muscular strength and endurance, and further enhance body image.

PREREQUISITE: Intermediate Weight Training or Instructor's permission.

BEG. POWER WEIGHT TRAINING 5553/15014100

BEG. POWER WTS.FOR ATHLETES 5473/1501410F

Credit 1/2 (paired with Adv. Weight Training) 10-12

The purpose of this course is to acquire knowledge and skills in power weight training (Olympic and power lifting), and improve or maintain health related fitness.

PREREQUISITE: Beginning, Intermediate, & Advanced Weight Training or Instructor's permission

BASKETBALL (paired with Indiv. and Dual Sports I)

5572/15033100 Credit 1/2 10-12

Basketball provides students with opportunities to acquire knowledge and skills in basketball that may be used in recreational pursuits today, as well as, in later life and maintain their personal fitness. The content includes in depth knowledge and application of skills, techniques, strategies of team play, rules, and safety practices necessary to participate in basketball, and knowledge of the organization and administration of basketball activities.

PREREQUISITE: None

INDIVIDUAL AND DUAL SPORTS I (paired with Basketball) 5595/15024100
Credit 1/2 10-12
Individual and Dual Sports I provides students with opportunities to acquire knowledge of strategies and develop skills in selected individual and dual sports, and maintain and/or improve their personal fitness. The content includes knowledge and application skills, techniques, strategies, rules, and safety practices. Individual and dual sports selected may include but not be limited to archery, badminton, bowling, golf, gymnastics, handball, paddleball, racquetball, skating, swimming, table tennis, and tennis.
PREREQUISITE: None

INDIVIDUAL AND DUAL SPORTS II (paired with Individ. and Dual Sports III) 5596/15024200
Credit 1/2 10-12
Individual and Dual Sports II provides students with opportunities to acquire knowledge of strategies and develop skills in selected individual and dual sports not addressed in Individual and Dual Sports I.
PREREQUISITE: Teacher Approval (BB)

INDIVIDUAL AND DUAL SPORTS III (paired with Individ. and Dual Sports II) 5557/15024300
Credit 1/2 10-12
Individual and Dual Sports III is a survey course whose purpose is to: (a) acquire knowledge of individual and dual sports play, (b) develop basic skills in selected individual and dual sports, and (c) maintain and/or improve health-related fitness.
PREREQUISITE: Teacher Approval (BB)

BEGINNING VOLLEYBALL (paired TEAM SPORTS 1) 5569/15055000 Credit 1/2 10-12
Beginning Volleyball provides students with opportunities to acquire knowledge and skills in volleyball that may be used in recreational pursuits today as well as in later life and maintain and/or improve their personal fitness. The content includes in-depth knowledge and application of skills, techniques, strategies of team play, rules and safety practices necessary to participate in beginning volleyball, and knowledge of the organization and administration of volleyball activities.
PREREQUISITE: None

TEAM SPORTS 1 (paired with Beginning Volleyball) 5568/15033500 Credit 1/2 10-12
Team Sports I provides students with opportunities to acquire knowledge of strategies of team sport play, develop skills in selected team sports, and maintain and/or improve their personal fitness. The content includes knowledge and application of skills, techniques, strategies, rules, and safety practices necessary to participate in selected team sports which may include, but not be limited to, basketball, flag football, flickerball, gatorball, soccer, softball, speedball, track and field, and volleyball.
PREREQUISITE: None

SOCCKER (paired with Softball) 5571/15033200
Credit 1/2 10-12
Soccer provides students with opportunities to acquire knowledge and skills in soccer that may be used in recreational pursuits today as well as in later life and/or improve their personal fitness. The contents include in-depth knowledge and application of skills, techniques, strategies of team play, rules, and safety practices necessary to participate in soccer, and knowledge of the organization and administration of soccer activities.
PREREQUISITE: None

SOFTBALL (paired with Soccer) 5570/15033300
Credit 1/2 10-12
Softball provides students with opportunities to acquire knowledge and skills in softball that may be used in recreational pursuits today as well as in later life and/or improve their personal fitness. The contents include in-depth knowledge and application of skills, techniques, strategies of team play, rules, and safety practices necessary to participate in soccer, and knowledge of the organization and administration of softball activities.
PREREQUISITE: None

SPORTS OFFICIATING (paired with Team Sports II) 5551/15025000
Credit 1/2 10-12
The purpose of this course is to acquire knowledge of sports rules and regulations, develop skill in officiating selected sports, and maintain or improve health related fitness.
PREREQUISITE: None

TEAM SPORTS II (paired with Sports Officiating) 5567/15033600
Credit 1/2 10-12
Team Sports II provides students with opportunities to acquire knowledge of strategies of team sport play, develop skills in selected team sports not addressed in Team Sports I and maintain and/or improve their personal fitness.
PREREQUISITE: None
