

HEALTH, PHYSICAL EDUCATION, RECREATION & DANCE

HE101 HEALTH EDUCATION FOR 9TH GRADERS (.5 per semester)

With the completion of two semesters of Health the students will have received instruction in all seven areas of personal health and safety including social issues as they apply. The areas of concentration include: Personal Health Development, Mental/Emotional health, Fitness/Nutrition, Disease Prevention and Control, Family Life and Human Sexuality, Chemical Use and Abuse, Personal Safety and Environmental Health. The Health Curriculum is designed to be taught sequentially with three strands or areas of concentration being offered in each semester with Family Life and Sexuality bridging the two. *Length: Two semesters Prerequisite: None*

HE201 HEALTH EDUCATION (.5 per semester)

With the completion of two semesters of Health the students will have received instruction in all seven areas of personal health and safety including social issues as they apply. The areas of concentration include: Personal Health Development, Mental/Emotional health, Fitness/Nutrition, Disease Prevention and Control, Family Life and Human Sexuality, Chemical Use and Abuse, Personal Safety and Environmental Health. The Health Curriculum is designed to be taught sequentially with three strands or areas of concentration being offered in each semester with Family Life and Sexuality bridging the two. *Length: Two semesters Prerequisite: None*

HPERD101 INTRO TO PHYSICAL FITNESS, SPORTS RHYTHMS & LEISURE ACTIVITIES (.5 per semester)

This course provides instruction of basic skills, knowledge of rules governing respective units, safety factors, and things associated with participation in each respective activity. Students will participate in activities from six content areas (individual sports, team sports, rhythm & dance, tumbling and gymnastics, aquatics & leisure activities). *Length: Two semesters Prerequisite: None*

HPERD103 AQUATICS AND WATER SAFETY (.5 per semester)

This is a basic swimming course which will address the varying swimming skill levels of students. Activities will include instruction on water safety and procedures to follow in emergency situations. This course is also designed to develop student helpers who will assist teachers in the supervision of aquatic classes. Students will also receive instruction on cooperative learning and supervision. *Length: Two semesters Prerequisite: None*

HPERD104 DANCE (.5 per semester)

This course will place emphasizes on introductory skills in one or more areas of dance. Areas of emphasis may include, but not be limited to ballroom, folk, square, jazz or modern and cultural dances. *Length: One semester Prerequisite: None*

HPERD105 GYMNASTICS & TUMBLING (.5 per semester)

This course will include fundamentals of tumbling and apparatus. Appropriate performance strategies and safety procedures for performing and spotting higher level moves on the mat and apparatus. *Length: Two semesters Prerequisite: None*

HPERD106 INDIVIDUAL SPORTS and LEISURE ACTIVITIES (.5 per semester)

This course will emphasize skills and knowledge necessary for participation in leisure activities, individual sports, and lifetime physical fitness. This course will include but not be limited to the following: golf, archery, bowling, running, walking, weight training, frisbee, kite flying. *Length: Two semesters Prerequisite: None*

HPERD107 WHEELS FOR FITNESS FUN (.5 per semester)

This course provides an awareness and participation in physical activities on wheels. Activities may include, but not be limited to, roller blading, roller skiing, roller-skating, skateboarding, scooter boarding, and biking. *Length: Two semesters Prerequisite: None*

HPERD201 INTERMEDIATE and ADVANCED SPORTS (.5 per semester)

This course will cover rules, strategies, training methods and actual participation in higher-level contests. The science of sport is brought to light as students are challenged to use critical thinking skills. *Length: Two semesters Prerequisite: HPERD101*

HPERD202 GENERAL ANATOMY, FIRST AID, CPR and ATHLETIC TRAINING (.5 per semester)

This course will provide a basic knowledge of anatomy, as related to human movement and will provide a better understanding of the care, treatment, and prevention of sport injuries. Instruction will include information on First Aid and CPR from the American Red Cross and basic training room procedures for the treatment of minor athletic injuries. *Length: Two semesters Prerequisite: None*

HPERD203 INTERMEDIATE & ADVANCE DANCE (.5 per semester)

This course will emphasize skills at a higher level in one or more areas of dance which may include, but not be limited to, ballroom, folk, square, jazz or modern and cultural dances. *Length: Two semesters Prerequisite: HPERD104*

HPERD204 TEAM SPORTS (.5 per semester)

This course will provide added exposure and skill development in a variety of team sports. Participants will experience a higher level of skill and competition. Team activities may include but-----
-- *Length: One semester Prerequisite: HPERD104*

HPERD205 WATER SPORTS (.5 per semester)

This course will expose students to the many jobs related water activities that can be explored. Activities may include but not be limited to wind surfing, body boarding, snorkeling, scuba diving, jet-skiing, water polo, fishing, kayaking, and surfing. *Length: One semester Prerequisite: HPERD103*

HPERD300 INTRAMURAL PLANNING (PE III) (.5 per semester)

Intramural Planning - designed to introduce students to the realm of Physical Education and Recreation by offering a curriculum in officiating, planning, supervising, and scheduling of various sports activities. The class meets during the regular school lunch hour and has lunch during the 5th period. Student selection for this class is by teacher recommendation only. *Length: Two semesters Prerequisite: HPERD101*

HPERD301 PERSONAL FITNESS TRAINING (.5 per semester)

This course will provide students with the knowledge necessary to assume personal responsibility for decisions regarding their fitness levels. Course emphasis is on individualized programs for fitness and conditioning, muscular strength, endurance, flexibility, speed, power, cardiovascular fitness, diet and nutrition. *Length: One semester Prerequisite: None*

HPERD303 OUTDOOR ADVENTURES (.5 per semester)

This course takes an exciting look at the outdoors and provides practical, on hands experiences. Course activities may include, but not be limited to camping, hiking, climbing, repelling, fishing, fire building, outdoor cooking, kayaking, and other adventure activities for the strong spirited thrill seeker. Students will learn how to function in their outdoor environment with safety as the first consideration. *Length: One semester Prerequisite: None*

HPERD304 ADVANCED CONDITIONING (.5 per semester)

The focus of this course is on higher levels of conditioning and sport specific training for athletes and students who are serious about fitness. *Length: One semester Prerequisite: None*

HPERD400 FACILITY PLANNING (PE IV) (.5 per semester)

Facility Planning - student works with the athletic director. The major emphasis is on the care and maintenance of equipment, preparation of field, and the issuance of equipment. *Length: Two semesters Prerequisite: HPERD101 and teacher recommendation*

HPERD401 OCCUPATIONAL CO-OP (.5 to 1.5 per semester)

This course is designed to provide students with supervised on-the-job training and experience relative to the classroom learning. Established guidelines will be used to implement this training program. *Length: One to two semesters Prerequisite: HPERD103, HPERD201, HPERD202, and HPERD300*

PE110 ADAPTIVE PE (2 per semester)

COURSE DESCRIPTION: pending *Length: Two semesters Prerequisite: None*