

# PHYSICAL EDUCATION

## **HOPE 30260100**

**Grade(s): 9-12**

**Pre-Req: N/A**

The purpose of this course is to develop and enhance healthy behaviors that influence lifestyle choices and student health and fitness. Students will realize the full benefit of this course when it is taught with an integrated approach.

## **HOPE (Blended Curriculum) 3026010E**

**Grade(s): 9-12**

**Pre-Req: N/A**

The purpose of this course is to develop and enhance healthy behaviors that influence lifestyle choices and student health and fitness. Students will realize the full benefit of this course when it is taught with an integrated approach. The health portion of this course is taught on the computer during the school day. Students will earn their online requirement for this course.

## **OUTDOOR EDUCATION/CARE AND PREVENTION OF ATHLETIC INJURIES 15024800/4900**

**Grade(s): 9-12**

**Pre-Req: N/A**

The purpose of this course is to develop the skills necessary to prevent and care for athletic injuries. The integration of fitness concepts throughout the content is critical to the success of this course.

## **BEGINNING WEIGHT TRAINING/INTERMEDIATE WEIGHT TRAINING 15013400/3500**

**Grade(s): 10-12**

**Pre-Req: Successful completion of HOPE**

The purpose of this course is to develop the physical skills necessary to be competent in many forms of movement as it relates to weight training. The integration of fitness concepts throughout the content is critical to the success of this course.

## **ADVANCED WEIGHT TRAINING/POWER WEIGHT TRAINING 15013600/4100**

**Grade(s): 11-12**

**Pre-Req: Successful completion of HOPE and Beginning/Intermediate Weight Training**

The purpose of this course is to develop the physical skills necessary to be competent in many forms of movement as it relates to weight training. The integration of fitness concepts throughout the content is critical to the success of this course.

- **Honors Level Course Note:** Academic rigor is more than simply assigning to students a greater quantity of work. Through the application, analysis, evaluation, and creation of complex ideas that are often abstract and multi-faceted, students are challenged to think and collaborate critically on the content they are learning.
- **Advanced Placement Course:** Students earn 6 Quality Points on their weighted GPA for these courses; however, to earn college credit, the student must pass an end of the year course given by the College Board.
- **LH Courses:** LH is designated Local Honors. This means that the district has deemed the course honors; however, the state has not. Some scholarships, and post secondary institutions may not consider these courses Honors level.

### **TEAM SPORTS 1/2 15033500/3600**

**Grade(s): 10-12**

**Pre-Req: Successful completion of HOPE**

The purpose of this course is to develop the physical skills necessary to be competent in many forms of movement, knowledge of team sports concepts such as offensive and defensive strategies and tactics, and appropriate social behaviors within a team or group setting. The integration of fitness concepts throughout the content is critical to the success of this course.

### **TEAM SPORTS 3/4 (COMP FITNESS/RECREATION) 15013900/15024700**

**Grade(s): 12**

**Pre-Req: Successful completion of HOPE and Team Sports 1/2**

The purpose of this course is to develop the physical skills necessary to be competent in many forms of movement, knowledge of team sports concepts such as offensive and defensive strategies and tactics, and appropriate social behaviors within a team or group setting. The integration of fitness concepts throughout the content is critical to the success of this course.

### **BASKETBALL/IND DUAL SPORTS 2 15033100/15024100**

**Grade(s): 10-12**

**Pre-Req: Successful completion of HOPE**

The purpose of this course is to develop the physical skills necessary to be competent in many forms of movement, knowledge of basketball concepts such as offensive and defensive strategies and tactics, and appropriate social behaviors within a team or group setting. The integration of fitness concepts throughout the content is critical to the success of this course.

### **YOGA/AEROBICS 15034000/15013100**

**Grade(s): 10-12**

**Pre-Req: Successful completion of HOPE**

The purpose of this course is to introduce students to the physical and health benefits of Yoga instructions. Students will also learn physical benefits of aerobic exercise and the advantage of the combination of aerobics and yoga.

- **Honors Level Course Note:** Academic rigor is more than simply assigning to students a greater quantity of work. Through the application, analysis, evaluation, and creation of complex ideas that are often abstract and multi-faceted, students are challenged to think and collaborate critically on the content they are learning.
- **Advanced Placement Course:** Students earn 6 Quality Points on their weighted GPA for these courses; however, to earn college credit, the student must pass an end of the year course given by the College Board.
- **LH Courses:** LH is designated Local Honors. This means that the district has deemed the course honors; however, the state has not. Some scholarships, and post secondary institutions may not consider these courses Honors level.