

Health & Physical Education

Course Title	Course #	Term	Grade(s)	Prerequisite(s)	Course Description
General Health <i>(Required course for graduation)</i>	17.0110001	S	9-12	None	Wellness concepts, human sexuality, State ADAP requirements, CPR training, first aid procedures, safety practices, and responsibility for health decisions are all discussed. Course is required to graduate high school.
Personal Fitness <i>(Required course for graduation)</i>	36.0510001	S	9-12	None	This course helps students develop a physical fitness program. Students are introduced to the concepts of stress management, weight training and conditioning, and proper nutrition. Progress toward individual fitness goals is measured throughout the semester. This course is required to graduate high school, unless an approved Personal Fitness waiver is on file.
Intro to Rec. Games	36.0270001	S	9-12	None	Weight training and conditioning introduces correct lifting form, emphasizes safety practices, and presents a variety of exercises. Individual weight training programs are designed and followed throughout the course.
General PE I	36.0110001	S	9-12	None	This course contains nine activities. The activities are basketball, flag football, Frisbee games, softball, soccer, speedball, tennis, hockey, and volleyball. Each activity will be presented in a two-week unit.
General PE II	36.0120001	S	9-12	General PE I	Basic skills, rules and strategies of basketball, flag football, team handball, badminton, tennis/pickle ball and soccer are covered in this class.
Outdoor Education	36.0250001	S	12	None	An introduction to various aspects of outdoor education including backpacking, camping, conservation, angling, archery, initiatives/trust/team building, adventure activities, orienteering and safety are what students may expect from this course. There is a minimal financial obligation for this class.
Weight Training	36.0540001	S	9-12	None	Weight training and conditioning introduces correct lifting form, emphasizes safety practices, and presents a variety of exercises. Individual weight training programs are designed and followed throughout the course.
Team Sports (Basketball)	36.0210001	S	9-12	None	This class is for those students who have a passion for basketball. Team games, individual practice and 3 on 3 games will be implemented. A component of basketball will be a part of this class every day. This class is for basketball enthusiasts.