

# Health & Physical Education

## Health

All students are required to earn one unit of credit in health. Health is offered in grades 9 and 11: students complete one semester of Health education in each year.

### Health 1

Credit: 0.5 credit	Credit Type: Health
Length: Semester	Pathway: N/A
Grade: 9-12	Course #: 08051
Prerequisite: None	College Credit: N/A

Health 1 raises an awareness of the impact of mental and emotional health upon self-esteem and individual decision-making, as well as the student's personal and community responsibility relating to the prevention of sexually transmitted diseases, teen pregnancy and drug abuse. This course is designed to provide the student with an understanding of physical and emotional development during adolescence (including human relationships and sexuality). Students will understand the concept of wellness in order to take responsibility for developing a healthy lifestyle that will lead to a longer life. The State of Oregon health common curriculum goals of safe living, stress or risk-taking management, physical fitness, and nutrition are incorporated into the class curriculum.

### Health 2

Credit: 0.5 credit	Credit Type: Health
Length: Semester	Pathway: N/A
Grade: 11-12	Course #: 08057
Prerequisite: None	College Credit: N/A

This course is designed to provide students with an understanding of the balance between physical, mental, emotional and social health. This course covers the basics of nutrition, fitness, CPR and First-Aid. In addition, students will have the opportunity to discuss sexual health and relationships in order to be provided the knowledge and skills to promote their health and well-being as they mature into adults. This course motivates students to improve and maintain their health, prevent disease, and reduce risky behaviors. The curricula and instruction help students learn skills they will use to make healthy choices throughout their lifetime. The State of Oregon Health Education Common Curriculum goals of safe living, stress or risk-taking management, physical fitness, and nutrition, are incorporated into the class curriculum.

### Sports & Performance Psychology

Credit: 0.5 credit	Credit Type: Applied Art
Length: Semester	Pathway: Education
Grade: 9-12	Course #: 04254
Prerequisite: None	College Credit: N/A

The Sport Psychology course is designed for students who are interested in the psychological aspect of athletic performance in order to enhance their own personal abilities. Concepts that will be taught include: Inner Drive (Motivation and Goals), Emotional and Mental Control (Concentration and Imagery), Interactive Skills (Leadership and Communication, Potential Pitfalls (Injuries, Burnout, and Substance use).

### Child Development

Credit: 0.5 credit	Credit Type: Applied Art
Length: Semester	Pathway: Education
Grade: 9-12	Course #: 190511
Prerequisite: None	College Credit: N/A

This entry-level course is intended to provide students with an overview of the field of Early Childhood Education with particular attention to developmental concepts relating to infants and children. Careers working with young children will be covered with necessary entry-level skills needed. Activities designed for young children will be analyzed, discussed, and evaluated for their developmental appropriateness for specific ages. Areas of study will include: brain development birth to 3 year-old, ages & stages of development of young children, pre-literacy skills, toy safety & development appropriateness, environmental safety, criteria for choosing quality child care, criteria for choosing quality preschool, careers, Baby Think It Over simulation experience, and common childhood birth defects and disorders.

### Transcript Health

Credit: 0 credit	Credit Type: N/A: Health courses as recovered
Length: Semester	Pathway: N/A
Grade: 10-12	Course #: 08099
Prerequisite: Less than a C in previous Health course	College Credit: N/A

This course is an option for credit recovery for either Health 1 or Health 2, for students missing minimal Essential Standards in their prior class. It is also designed to provide individual or small group instruction to recover previously taken and failed courses: Health 1 and Health 2.

## Physical Education

All students are required to successfully complete one unit of physical education for graduation. In general, freshmen need to take a semester of Physical Education during their first year in high school.

### Walking For Fitness

Credit: 0.5 credit; may be repeated for credit	Credit Type: Physical Education
Length: Semester	Pathway: N/A
Grade: 9-12	Course #: 08014
Prerequisite: None	College Credit: N/A

This class is designed for students in all grades who desire taking part in physical activity which is low impact and life-long. This course will help students achieve a health-enhancing level of physical fitness through walking, jogging and strength building activities. By actively participating in this class, the student may gain health benefits such as increased cardiovascular endurance, improved body composition, increased flexibility, increased muscular endurance and strength and an overall healthier lifestyle. Fitness testing will be included to show improvement throughout the semester

### Team Sports

Credit: 0.5 credit; may be repeated for credit	Credit Type: Physical Education
Length: Semester	Pathway: N/A
Grade: 9-12	Course #:08002
Prerequisite: None	College Credit: N/A

Activities will be chosen from the following list: Basketball, body conditioning, creative activities, flag football, Throwton, soccer, indoor soccer, recreational games, speedball, team handball, and volleyball. This course may be repeated for additional elective graduation credit. Students must complete fitness testing as part of their proficiency.

### Net Games

Credit: 0.5 credit; may be repeated for credit	Credit Type: Physical Education
Length: Semester	Pathway: N/A
Grade: 9-12	Course #:08003
Prerequisite: None	College Credit: N/A

This course is designed for students of all athletic abilities who enjoy playing net games. Students will play badminton, pickleball, volleyball, eclipse ball and tennis. The students will learn the basics of competitive play including game strategy and planning, but most of all they will have fun and learn games that can become a lifetime of enjoyment. By the end of the term, students will be familiar with the rules, scoring and etiquette involved in the sport. The course will provide students with the opportunity to learn basic skills through participation in drills and actual game play. Students must complete fitness testing as part of their proficiency.

### Tennis

Credit: 0.5 credit; may be repeated for credit	Credit Type: Physical Education
Length: Semester	Pathway: N/A
Grade: 9-12	Course #:08011
Prerequisite: Tennis experience or Net Games	College Credit: N/A

Tennis course is designed to provide students with conditioning and intensive training in preparation for the competition season. The emphasis of the class is on skill development for all students. Specific skills that will be taught are serving, groundstrokes, volleying and overall footwork pertaining to all skills of tennis. Students are expected to exhibit a high level of motivation, cooperation and sportsmanship. This class is not mandatory for team members. Participation or lack of participation shall not affect athletic status.

**Athletic PE: Volleyball**

Credit: 0.5 credit; may be repeated for credit	Credit Type: Physical Education
Length: Semester	Pathway: N/A
Grade: 9-12	Course #: 08013VB
Prerequisite: Volleyball team experience or Net Games	College Credit: N/A

This Advanced Volleyball course is designed to provide students with conditioning and intensive training. The emphasis is to increase endurance, strength, and flexibility through a focus in a specific sporting event and provide a foundation for intensive training that will benefit the athlete and non-athlete. Participation in this course will improve physical fitness and skill acquisition and is designed to reduce the risk of injuries in athletic events for all participants. Students are expected to exhibit a high level of motivation, cooperation and sportsmanship. Class activities include strength training, speed development, mobility training and specific sport related drills. This course is not mandatory for team members. Participation or lack of participation shall not affect athletic status.

**Recreational Basketball**

Credit: 0.5 credit; may be repeated for credit	Credit Type: Physical Education
Length: Semester	Pathway: N/A
Grade: 9-12	Course #: 080139
Prerequisite: None	College Credit: N/A

This course is perfect for students who enjoy playing basketball, but do not belong to a team or group to play with. The course incorporates both open play and tournament formats. Fundamentals will be taught and tested throughout the semester. By the end of the semester, students will increase their knowledge of the game, rules, sportsmanship, and skills through drills and actual game play. Students must pass basketball skill testing as part of their proficiencies.

**Athletic PE: Basketball**

Credit: 0.5 credit; may be repeated for credit	Credit Type: Physical Education
Length: Semester	Pathway: N/A
Grade: 9-12	Course #: 08013BBX
Prerequisite: Team basketball experience	College Credit: N/A

This advanced basketball course is designed to provide students with conditioning and intensive training in preparation for the competition season. The emphasis of the class is on skill development through drills; conditioning to prepare for the season; and cognitive development of basketball schemes. Specific skills that will be taught are ball handling, passing, shooting and defensive fundamentals. Players will be taught offensive and defensive schemes and apply them in scrimmage or game situations. Students are expected to exhibit a high level of motivation, cooperation and sportsmanship. This class is not mandatory for team members. Participation or lack of participation shall not affect athletic status.

**Recreational Soccer**

Credit: 0.5 credit; may be repeated for credit	Credit Type: Physical Education
Length: Semester	Pathway: N/A
Grade: 9-12	Course #: 080138
Prerequisite: None	College Credit: N/A

This course is designed for students who enjoy playing soccer, but do not belong to a team or group to play with. The course incorporates both open play and tournament formats. By the end of the semester, students will increase their knowledge of the game, rules, sportsmanship, and skills through drills and actual game play.

**Athletic PE: Soccer**

Credit: 0.5 credit; may be repeated for credit	Credit Type: Physical Education
Length: Semester	Pathway: N/A
Grade: 9-12	Course #: 08013BS
Prerequisite: Team soccer experience	College Credit: N/A

This Advanced Soccer course is designed to provide students with conditioning and intensive training. The emphasis is to increase endurance, strength, and flexibility through a focus in a specific sporting event and provide a foundation for intensive training that

will benefit the athlete and non-athlete. Participation in this course will improve physical fitness and skill acquisition and is designed to reduce the risk of injuries in athletic events for all participants. Students are expected to exhibit a high level of motivation, cooperation and sportsmanship. Class activities include strength training, speed development, mobility training and specific sport related drills. This course is not mandatory for team members. Participation or lack of participation shall not affect athletic status.

#### **Athletic PE: Football**

Credit: 0.5 credit; may be repeated for credit	Credit Type: Physical Education
Length: Semester	Pathway: N/A
Grade: 9-12	Course #: 08013FBWR
Prerequisite: None (offered before school- zero period)	College Credit: N/A

This football course is designed to provide students with improving overall athletic abilities of balance, strength, coordination, and ability to fall safely. Most of the course is held in the weight room and focusing on improving strength and technique in the weight room. The emphasis is to increase endurance, strength, balance and coordination through a focus in specific sporting events and provide a foundation for intensive training that will benefit the athlete. Participation in this course will improve physical fitness and skill acquisition and is designed to reduce the risk of injuries in athletic events for all participants. Students are expected to exhibit a high level of motivation, cooperation, and sportsmanship.

#### **Athletic PE: Hitting (Baseball or Softball)**

Credit: 0.5 credit; may be repeated for credit	Credit Type: Physical Education
Length: Semester	Pathway: N/A
Grade: 9-12	Course #: 08013HI
Prerequisite: Weight Training or Athletic PE: Football & Wrestling	College Credit: N/A

This Advanced Baseball & Softball course is designed to provide students with conditioning and skill training. The emphasis is to increase endurance, strength, and flexibility through a focus in a specific sporting event and provide a foundation for training that will benefit the athlete and non-athlete. Participation in this course will improve physical fitness and skill acquisition and is designed to reduce the risk of injuries in athletic events for all participants. Students are expected to exhibit a high level of motivation, cooperation and sportsmanship. Class activities include conditioning, speed development, mobility training and specific sport related drills. This course is not mandatory for team members. Participation or lack of participation shall not affect athletic status.

#### **Weight Training**

Credit: 0.5 credit; may be repeated for credit	Credit Type: Physical Education
Length: Semester	Pathway: N/A
Grade: 9-12	Course #: 08009
Prerequisite: None	College Credit: N/A

This semester class provides students with the opportunity to learn and use various workouts that fill different needs – from strength and endurance to rehabilitation. Students will also learn the major muscle groups used in their exercises. Progress will be checked through workout records and exams. The course may be repeated as often as desired with teacher approval. If you want this course for the full year, please put the course number down two times when you request courses for next year. Students are required permission from the PE Department to take this class more than once IN THE SAME SEMESTER.

#### **Athletic Weight Training**

Credit: 0.5 credit; may be repeated for credit	Credit Type: Physical Education
Length: Semester	Pathway: N/A
Grade: 9-12	Course #: 080091
Prerequisite: Weight Training or Athletic PE: Football & Wrestling	College Credit: N/A

This advanced course is designed for those student athletes who want to improve their overall strength, agility, and flexibility. This course will use max testing to chart students' growth throughout the semester.