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| *Student who entered 9th grade prior to 2007-2008 are required to earn a half credit in Personal Fitness and a half credit in a physical education activity course. Marching band, JROTC, and interscholastic sports waivers may be applied to part or all of this requirement for qualifying students.*  *Students entering 9th grade in 2007-2008 and after are no longer required to complete the personal fitness and/or the PE activity course requirements. They will be required to complete a new one-credit physical education course. See the HOPE course below. (NOTE: The marching band waiver will not apply to this PE requirement. Students may obtain an athletic waiver or JROTC waiver by meeting specific criteria shown in Board Policy 5.13.* |

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| **Health Opportunities through Physical Education (HOPE)** | |
| **Course #** | 3026010 |
| **Grade Level** | 9-12 |
| **Length** | 1 year |
| **Prerequisite** | None |
| **Credit** | 1 |
| The purpose of this course is to develop and enhance healthy behaviors that influence lifestyle choices and student health and fitness. Students will alternate between learning principals and background information in a classroom setting and applying that knowledge during physically activity. Content to include: Understand the impact of personal health behaviors on body systems. Develop and implement an individual nutrition and wellness plan. Demonstrate knowledge of depression, suicide prevention, and stress management skills. Apply knowledge and skills for safety, injury and disease prevention. Utilize technology to facilitate health and personal fitness. Apply effective communication skills to enhance interpersonal relationships, refusal skills and decision making to promote teamwork, sportsmanship, and cultural diversity. Demonstrate the ability to make positive decisions regarding wellness. Advocate for personal, family and/or community health and fitness promotion. Analyze the influence of culture, media, technology, and other factors on health. | |

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| **REQUIRED 10TH GRADE COURSE** |
| Students who entered 9th grade prior to 2007-2008 are required to earn a half credit in Personal Fitness and a half credit in a physical education activity course. |

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| **\*Personal Fitness** | |
| **Course #** | 15013000 |
| **Grade Level** | 10 |
| **Length** | 1 semester |
| **Prerequisite** | None |
| **Credit** | 1/2 |
| The purpose of this course is to provide 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 lifestyles on one's health and fitness. The content will include: knowledge of the importance of physical fitness, assessment of the health related components of physical fitness, knowledge of health problems associated with inadequate fitness levels, knowledge and application of biomechanical and physiological principles to improve and maintain the health related components of physical fitness, knowledge of safety practices associated with physical fitness, knowledge of psychological values of physical fitness including stress management, knowledge of sound nutritional practices related to physical fitness, and knowledge of consumer issues related to physical fitness. | |

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| **\*Aerobics 1** | |
| **Course #** | 15034000 |
| **Grade Level** | 9-12 |
| **Length** | 1 semester |
| **Prerequisite** | None |
| **Credit** | 1/2 |
| The purpose of this course is to provide students with opportunities to develop an individual optimal level of cardiovascular fitness, acquire knowledge of cardiovascular fitness concepts, and acquire knowledge of the significance of cardiovascular fitness on one’s health. The content will include, but not be limited to, knowledge of the importance of cardiovascular fitness, assessment of cardiovascular fitness, knowledge of health problems associated with inadequate cardiovascular and respiratory systems, knowledge and application of biomechanical and physiological principles to improve and maintain cardiovascular fitness, knowledge of psychological values of cardiovascular fitness including stress management, knowledge of consumer issues related to aerobic activities, and knowledge of safety practices related to aerobic activities. | |

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| **\*Aerobics 2** | |
| **Course #** | 15034100 |
| **Grade Level** | 9-12 |
| **Length** | 1 semester |
| **Prerequisite** | Beg. Aerobics |
| **Credit** | 1/2 |
| The purpose of this course is to provide students with opportunities to extend the acquisition of knowledge and the development of skills in aerobic activities that may be used in physical fitness pursuits today as well as in later life, and continue to develop an individual optimal level of cardiovascular fitness. | |

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| **\*Aerobics 3** | |
| **Course #** | 15034200 |
| **Grade Level** | 10-12 |
| **Length** | 1 semester |
| **Prerequisite** | Inter. Aerobics |
| **Credit** | 1/2 |
| The purpose of this course is to provide students with further opportunities to develop an individual optimal level of cardiovascular fitness, acquire knowledge of cardiovascular fitness concepts, and acquire knowledge of the significance of cardiovascular fitness on one's health. | |

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| **\*Fitness Lifestyle Design** | |
| **Course #** | 15013100 |
| **Grade Level** | 10-12 |
| **Length** | 1 semester |
| **Prerequisite** | Personal Fitness |
| **Credit** | 1/2 |
| The purpose of this course is to provide students with opportunities to extend the acquisition of knowledge of physical fitness concepts, acquire knowledge of designing, implementing, and evaluating a personal fitness program, and develop an individual optimal level of physical fitness. The content should include, but not be limited to, assessment of the health related components of physical fitness, further development of knowledge and application of physical fitness concepts, knowledge of designing, implementing, and evaluating a personal fitness program, knowledge of safety practices, and knowledge of consumer issues related to personal fitness programs. The design, implementation, and evaluation of an ongoing personal fitness program should be stressed. | |

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| **\*Comprehensive Fitness** | |
| **Course #** | 15013900 |
| **Grade Level** | 9-12 |
| **Length** | 1 semester |
| **Prerequisite** | None |
| **Credit** | 1/2 |
| The purpose of this course is to provide students with opportunities to acquire knowledge and concepts of all aspects of fitness and to increase their total fitness level. The content shall include: concepts of muscular strength and endurance, cardiovascular fitness, body composition and flexibility; safety factors related to these areas; development of a program of total fitness; knowledge of hypokinetic diseases; and knowledge of myths associated with fitness and conditioning. | |

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| **\*Fitness Issues for Adolescence** | |
| **Course #** | 15013200 |
| **Grade Level** | 11-12 |
| **Length** | 1 semester |
| **Prerequisite** | Personal Fitness |
| **Credit** | 1/2 |
| The purpose of this course is to provide students with opportunities to extend the acquisition of knowledge of physical fitness concepts, acquire knowledge of selected adolescent issues related to physical fitness and grooming, and improve their levels of physical fitness. The content should include, but not be limited to, further development of knowledge and application of physical fitness concepts and principles, participation in a variety of lifelong physical activities that assess and promote the health-related components of fitness, knowledge of safety practices, and knowledge of a variety of adolescent issues related to physical fitness and grooming. | |

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| **\*Golf 1** | |
| **Course #** | 15044000 |
| **Grade Level** | 9-12 |
| **Length** | 1 semester |
| **Prerequisite** | None |
| **Credit** | 1/2 |
| The purpose of this course is to provide students with opportunities to acquire knowledge and skills in golf that may be used in recreational pursuits today as well as in later life and maintain and/or improve their personal fitness. The content should include, but not be limited to, in depth knowledge and application of the use of the putter, short and long irons, and woods, techniques, rules, etiquette, and safety practices necessary to participate in golf. Skill acquisition and the maintenance and/or improvement of personal fitness should be stressed. | |

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| **\*Golf 2** | |
| **Course #** | 15044100 |
| **Grade Level** | 9-12 |
| **Length** | 1 semester |
| **Prerequisite** | Beginning Golf |
| **Credit** | 1/2 |
| The purpose of this course is to provide students with opportunities to extend the acquisition of knowledge and the development of skills introduced in Beginning Golf that may be used in recreational pursuits today as well as in later life and maintain and/or improve their personal fitness. The content should include, but not be limited to, further development of the basic golf skills, knowledge of skills used in uphill and downhill lies, sand trap shots, rough play, play of unusual lies, strategies of play, and knowledge of the organization and administration of golf tournaments. Skill acquisition, strategies of play, and the maintenance and/or improvement of personal fitness should be stressed. | |

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| **\*Gymnastics** 1 | |
| **Course #** | 15023000 |
| **Grade Level** | 9-12 |
| **Length** | 1 semester |
| **Prerequisite** | None |
| **Credit** | 1/2 |
| The purpose of this course is to provide students with opportunities to acquire basic knowledge and skills in gymnastics, and maintain and/or improve their personal fitness. The content should include, but not be limited to, in depth knowledge and application of basic skills, techniques, dance elements, rules and safety practices necessary to participate in gymnastics, culminating in routines choreographed by students and teachers. Acquisition of tumbling skills and the maintenance and/or improvement of personal fitness should be stressed. | |

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| **\*Gymnastics 2** | |
| **Course #** | 15023100 |
| **Grade Level** | 9-12 |
| **Length** | 1 semester |
| **Prerequisite** | Gymnastics 1 |
| **Credit** | 1/2 |
| The purpose of this course is to provide students with opportunities to extend the acquisition of knowledge and the development of skills introduced in beginning gymnastics and maintains and/or improves their personal fitness. The content should include, but not be limited to, further development of knowledge and application of skills, techniques, and dance elements culminating in compulsory routines and optional routines choreographed by students. Skill acquisition of compulsory routines on both the floor and apparatus, and the maintenance and/or improvement of personal fitness should be stressed. | |

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| **\*Gymnastics 3** | |
| **Course #** | 15023200 |
| **Grade Level** | 10-12 |
| **Length** | 1 semester |
| **Prerequisite** | Gymnastics 2 |
| **Credit** | 1/2 |
| The purpose of this course is to provide students with opportunities to extend the acquisition of knowledge and the development of skills introduced in intermediate gymnastics and maintain and/or improve their personal fitness. The content should include, but not be limited to, further development of knowledge and application of skills, techniques, and dance elements, culminating in compulsory routines and optional routines choreographed by students and knowledge of the organization and administration of gymnastics meets. Skill acquisition of optional routines choreographed by students on the floor and apparatus, and the maintenance and/or improvement of personal fitness should be stressed. | |

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| **\*Individual & Dual Sports I** | |
| **Course #** | 15024100 |
| **Grade Level** | 9-12 |
| **Length** | 1 semester |
| **Prerequisite** | None |
| **Credit** | 1/2 |
| The purpose of this course is to provide students with opportunities to acquire knowledge of strategies of individual and dual sports play, develop skills in selected individual and dual sports, and maintain and/or improve their personal fitness. The content should include, but not be limited to, knowledge and application of skills, techniques, strategies, rules, and safety practices necessary to participate in selected individual and dual sports. 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. Activities selected in Individual and Dual Sports I shall not be repeated in Individual and Dual Sports II or III. Strategies of individual and sports play, skill acquisition, and the maintenance and/or improvement of personal fitness should be stressed. | |

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| **\*Individual & Dual Sports II** | |
| **Course #** | 15024200 |
| **Grade Level** | 9-12 |
| **Length** | 1 semester |
| **Prerequisite** | None |
| **Credit** | 1/2 |
| The purpose of this course is to provide students with opportunities to acquire knowledge of strategies of individual and dual sports play, develop skills in selected individual and dual sports, and maintain and/or improve their personal fitness. The content should include, but not be limited to, knowledge and application of skills, techniques, strategies, rules, and safety practices necessary to participate in selected individual and dual sports. Individual and dual sports selected may include, but not be limited to, archery, badminton, bowling, golf, Ind. & Dual gymnastics, handball, paddleball, racquetball, skating, swimming, table tennis, and tennis. Activities selected in Individual and Dual Sports II shall not be repeated in Individual and Dual Sports I or III. Strategies of individual and dual sports play, skill acquisition, and the maintenance and/or improvement of personal fitness should be stressed. | |

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| **\*Individual & Dual Sports III** | |
| **Course #** | 15024300 |
| **Grade Level** | 9-12 |
| **Length** | 1 semester |
| **Prerequisite** | None |
| **Credit** | 1/2 |
| The purpose of this course is to provide students with opportunities to acquire knowledge of strategies of individual and dual sports play, develop skills in selected individual and dual sports, and maintain and/or improve their personal fitness. The content should include, but not be limited to, knowledge and application of skills, techniques, strategies, rules, and safety practices necessary to participate in selected individual and dual sports. 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. Sports selected in Individual and Dual Sports III shall not be repeated in Individual and Dual Sports I and II. Strategies of individual and dual sports play, skill acquisition, and the maintenance and/or improvement of personal fitness shall be stressed. | |
| **\*Outdoor Education** | |
| **Course #** | 15024800 |
| **Grade Level** | 9-12 |
| **Length** | 1 semester |
| **Prerequisite** | None |
| **Credit** | 1/2 |
| The purpose of this course is to provide students with opportunities to acquire knowledge and skills in a variety of outdoor education activities that may be used in recreational pursuits today as well as in later life and maintain and/or improve their personal fitness. The content should include, but not be limited to, knowledge and application of skills, techniques, rules, and safety practices necessary to participate in selected outdoor education activities. Outdoor education activities selected may include, but not be limited to, camping, canoeing, small craft, hiking, backpacking, orienteering, hunting, firearm safety, angling, and cycling. Skill acquisition and the maintenance and/or improvement of personal fitness should be stressed. | |

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| **\*Paddleball/Racquetball/Handball** | |
| **Course #** | 15024000 |
| **Grade Level** | 9-12 |
| **Length** | 1 semester |
| **Prerequisite** | None |
| **Credit** | 1/2 |
| The purpose of this course is to provide students with opportunities to acquire knowledge and skills in paddleball/racquetball/handball that may be used in recreational pursuits today as well as in later life and maintain and/or improve their personal fitness. This course expands and refines concepts and activities that were introduced in elementary and middle school. The content should include, but not be limited to, in depth knowledge and application of skills, techniques, strategies, rules, and safety practices necessary to participate in paddleball, racquetball, and handball tournaments. Strategies of individual and dual play, skill acquisition, and the maintenance and/or improvement of personal fitness should be stressed. | |

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| **\*Racquetball 1** | |
| **Course #** | 15054300 |
| **Grade Level** | 10-12 |
| **Length** | 1 semester |
| **Prerequisite** | None |
| **Credit** | 1/2 |
| The purpose of this course is to acquire knowledge and skills in racquetball that may be used in current and future recreational pursuits, and maintain and/or improve personal fitness. Skill acquisition and the maintenance and/or improvement of fitness will be stressed. | |

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| **\*Recreational Activities** | |
| **Course #** | 15024700 |
| **Grade Level** | 9-12 |
| **Length** | 1 semester |
| **Prerequisite** | None |
| **Credit** | 1/2 |
| The purpose of this course is to provide students with opportunities to acquire knowledge and skills in a variety of recreational activities that may be used in recreational pursuits today as well as in later life and maintain and/or improve their personal fitness. The content should include, but not be limited to, knowledge and application of skills, techniques, strategies, rules, and safety practices necessary to participate in selected recreational activities. Recreational activities selected may include, but not be limited to, skish, horseshoes, shuffleboard, gym bowling, deck tennis, darts, croquet, and Frisbee activities. Skill acquisition and the maintenance and/or improvement of personal fitness should be stressed. | |

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| **\*Self-Defense Activities** | |
| **Course #** | 15024600 |
| **Grade Level** | 9-12 |
| **Length** | 1 semester |
| **Prerequisite** | None |
| **Credit** | 1/2 |
| The purpose of this course is to provide students with opportunities to acquire knowledge and skills in a variety of self-defense methods that may be used for personal protection today as well as in adult life and maintain and/or improve their personal fitness. The content should include, but not be limited to, an in depth knowledge and application of the skills, techniques, strategies, and safety practices necessary to perform methods of self-defense. Skill acquisition and the maintenance and/or improvement of personal fitness should be stressed. | |

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| **\*Soccer** | |
| **Course #** | 15033200 |
| **Grade Level** | 9-12 |
| **Length** | 1 semester |
| **Prerequisite** | None |
| **Credit** | 1/2 |
| The purpose of this course is to provide students with opportunities to acquire knowledge and skills in soccer for use in recreational pursuits and maintain and/or improve their personal fitness. This course expands and refines concepts and activities that were introduced in elementary and middle school. The content should include, but not be limited to, in depth knowledge and application of skills, techniques, strategies, rules, and safety practices necessary to participate in soccer, and knowledge of the organization and administration of soccer games. Strategies of team play, skill acquisition, and the maintenance and/or improvement of personal fitness should be stressed. | |

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| **\*Softball** | |
| **Course #** | 15033300 |
| **Grade Level** | 9-12 |
| **Length** | 1 semester |
| **Prerequisite** | None |
| **Credit** | 1/2 |
| The purpose of this course is to provide 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 maintain and/or improve their personal fitness. This course expands and refines concepts and activities that were introduced in elementary and middle school. The content should include, but not be limited to, knowledge and application of skills, techniques, strategies, rules, and safety practices necessary to participate in softball, and knowledge of the organization and administration of softball games. Strategies of team play, skill acquisition, and the maintenance and/or improvement of personal fitness should be stressed. | |
| **\*Swimming 1** | |
| **Course #** | 15044600 |
| **Grade Level** | 9-12 |
| **Length** | 1 semester |
| **Prerequisite** | None |
| **Credit** | 1/2 |
| The purpose of this course is to provide students with opportunities to acquire knowledge and skills in basic swimming strokes and safety practices that may be used in recreational pursuits today as well as in later life and maintain and/or improve their personal fitness. The content should include, but not be limited to, knowledge and application of body position, buoyancy, relaxation, breath control, coordination related to the basic swimming strokes, safety practices, basic survival skills, and skill acquisition. The maintenance and/or improvement of personal fitness should be stressed. | |

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| **\*Swimming 2** | |
| **Course #** | 15044700 |
| **Grade Level** | 9-12 |
| **Length** | 1 semester |
| **Prerequisite** | None |
| **Credit** | 1/2 |
| The purpose of this course is to provide students with opportunities to extend the acquisition of knowledge and the development of skills in swimming that may be used in recreational pursuits and maintain and/or improve their personal fitness. The content should include, but not be limited to, further development of the basic swimming strokes, development of the advanced swimming strokes, knowledge of safety practices, and knowledge of the organization and administration of swimming activities. Skill acquisition and the maintenance and/or improvement of personal fitness should be stressed. | |

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| **\*Water Safety** | |
| **Course #** | 15044900 |
| **Grade Level** | 9-12 |
| **Length** | 1 semester |
| **Prerequisite** | Intermediate Swimming |
| **Credit** | 1/2 |
| The purpose of this course is to provide students with opportunities to acquire knowledge and skills in water safety activities and maintain and/or improve their personal fitness. The content should include, but not be limited to, knowledge and application of personal water safety skills; swimming, non-swimming, and equipment rescues; artificial respiration; boating safety and rescue; swimming skills for basic rescues; mask, fin, and snorkel techniques; survival swimming; locating submerged victims; defense and release methods; use of backboard; shallow water carries and assists; and the responsibilities of a lifeguard. Skill acquisition and the maintenance and/or improvement of personal fitness should be stressed. | |

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| **\*Team Sports I** | |
| **Course #** | 15033500 |
| **Grade Level** | 9-12 |
| **Length** | 1 semester |
| **Prerequisite** | None |
| **Credit** | 1/2 |
| The purpose of this course is to provide students with opportunities to acquire knowledge of strategies of team sports play, develop skills in selected team sports, and maintain and/or improve their personal fitness. The content should include, but not be limited to, knowledge and application of skills, techniques, strategies, rules, and safety practices necessary to participate in selected team sports. Team sports selected may include, but not be limited to, basketball, flag football, flicker ball, gatorball, soccer, softball, speedball, track and field, and volleyball. Activities selected in Team Sports I shall not be repeated in Team Sports II. Strategies of team sports play, skill acquisition, and maintenance and/or improvement of personal fitness should be stressed. | |

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| **\*Team Sports II** | |
| **Course #** | 15033600 |
| **Grade Level** | 9-12 |
| **Length** | 1 semester |
| **Prerequisite** | None |
| **Credit** | 1/2 |
| The purpose of this course is to provide students with opportunities to acquire knowledge of strategies of team sports play, develop skills in selected team sports, and maintain and/or improve their personal fitness. The content should include, but not be limited to, knowledge and application of skills, techniques, strategies, rules, and safety practices necessary to participate in selected team sports. Team sports selected may include, but not be limited to, basketball, flag football, flicker ball, gatorball, soccer, softball, speedball, track and field, and volleyball. Strategies of team sports play, skill acquisition, and the maintenance and/or improvement of personal fitness should be stressed. | |

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| **\*Tennis 1** | |
| **Course #** | 15045000 |
| **Grade Level** | 9-12 |
| **Length** | 1 semester |
| **Prerequisite** | None |
| **Credit** | 1/2 |
| The purpose of this course is to provide students with opportunities to acquire knowledge and skills in tennis that may be used in recreational pursuits today as well as in later life and maintain and/or improve their personal fitness. This course expands and refines concepts and activities that were introduced in elementary and middle school. The content should include, but not be limited to, in depth knowledge and application of the fundamentals of each of the basic strokes, techniques, rules, etiquette, and safety practices necessary to participate in tennis. Skill acquisition and the maintenance and/or improvement of personal fitness should be stressed. | |

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| **\*Tennis 2** | |
| **Course #** | 15045100 |
| **Grade Level** | 9-12 |
| **Length** | 1 semester |
| **Prerequisite** | Tennis 1 |
| **Credit** | 1/2 |
| The purpose of this course is to provide students with opportunities to extend the acquisition of knowledge and the development of skills introduced in beginning tennis that may be used in recreational pursuits today as well as in later life and maintain and/or improve their personal fitness. The content should include, but not be limited to, further development of the tennis strokes, knowledge of strategies in singles and doubles play, and knowledge of the organization and administration of tennis tournaments. Skill acquisition, strategies of singles and doubles play, and the maintenance and/or improvement of personal fitness should be stressed. | |

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| **\*Tennis 3** | |
| **Course #** | 15045200 |
| **Grade Level** | 9-12 |
| **Length** | 1 semester |
| **Prerequisite** | Tennis 2 |
| **Credit** | 1/2 |
| The purpose of this course is to provide students with opportunities to extend the acquisition of knowledge and the development of skills in tennis and to maintain and/or improve their level of personal fitness. The content should include, but not be limited to, continued refinement of basic strokes; advanced strokes; safety practices; singles and doubles strategies; knowledge of the organization and administration of tennis activities; and knowledge of rules and code of conduct. | |

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| **\*Track and Field** | |
| **Course #** | 15033000 |
| **Grade Level** | 9-12 |
| **Length** | 1 semester |
| **Prerequisite** | None |
| **Credit** | 1/2 |
| The purpose of this course is to provide students with opportunities to acquire knowledge and skills in a variety of track and field activities and maintain and/or improve their personal fitness. This course expands and refines concepts and activities that were introduced in elementary and middle school. The content should include, but not be limited to, in depth knowledge and application of skills, techniques, strategies, rules, and safety practices necessary to participate in track and field activities, and knowledge of the organization and administration of track and field meets. Skill acquisition and the maintenance and/or improvement of personal fitness should be stressed. | |

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| **\*Volleyball 1** | |
| **Course #** | 15055000 |
| **Grade Level** | 9-12 |
| **Length** | 1 semester |
| **Prerequisite** | None |
| **Credit** | 1/2 |
| The purpose of this course is to enable students to acquire basic knowledge and skills in volleyball and to maintain or improve health-related fitness. Students will demonstrate awareness of: safety practices, rules and terminology, biomechanical and physiological principles related to exercise and training, potential benefits derived from participation in volleyball. In addition, students will demonstrate the use of skills and techniques and exhibit an improved level of skill. | |

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| **\*Volleyball 2** | |
| **Course #** | 15055100 |
| **Grade Level** | 9-12 |
| **Length** | 1 semester |
| **Prerequisite** | Volleyball 1 |
| **Credit** | 1/2 |
| The purpose of this course is to provide students with opportunities to extend the acquisition of knowledge and the development of skills introduced in Beginning 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 will be increasing those strategies, techniques, skills, and knowledge learned in Beginning Volleyball. | |

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| **\*Volleyball 3** | |
| **Course #** | 15055200 |
| **Grade Level** | 9-12 |
| **Length** | 1 semester |
| **Prerequisite** | Volleyball 2 |
| **Credit** | 1/2 |
| The purpose of this course is to allow students to continue to improve the skills developed in beginning and intermediate volleyball. The content will increase strategies in safety, rules and terminology, history, biomechanical and physiological principles, techniques and strategies, sportsmanship, fitness activities, fitness assessment, officiating, organization and administration of volleyball activities, consumer issues and the benefits of participation. | |

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| **\*Sports Officiating** | |
| **Course #** | 1502500 |
| **Grade Level** | 9-12 |
| **Length** | 1 semester |
| **Prerequisite** | None |
| **Credit** | 1/2 |
| 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. The content should include, but not be limited to, safety practices, assessment of health related fitness, sports rules and regulations, techniques, mechanics, and consumer issues. This is not an interscholastic extracurricular activity. Sports officiating may include, but not be limited to, basketball, baseball, softball, football, volleyball, swimming, track and field, soccer and wrestling. | |

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| **\*Weight Training 1** | |
| **Course #** | 15013400 |
| **Grade Level** | 9-12 |
| **Length** | 1 semester |
| **Prerequisite** | None |
| **Credit** | 1/2 |
| The purpose of this course is to provide students with opportunities to acquire basic knowledge and skills in weight training that may be used in physical fitness pursuits today as well as in later life, improve muscular strength and endurance, and enhance body image. The content should include, but not be limited to, knowledge of the importance of muscular strength and endurance, assessment of muscular strength and endurance, knowledge of health problems associated with inadequate levels of muscular strength and endurance, knowledge of skeletal muscles, knowledge and application of biomechanical and physiological principles to improve and maintain muscular strength and endurance, knowledge of sound nutritional practices related to weight training, knowledge of safety practices related to weight training, and knowledge of consumer issues related to weight training. | |

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| **\*Weight Training 2** | |
| **Course #** | 15013500 |
| **Grade Level** | 9-12 |
| **Length** | 1 semester |
| **Prerequisite** | Weight Training 1 |
| **Credit** | 1 |
| The purpose of this course is to provide 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 muscular strength and endurance, and further enhance body image. The content should include, but not be limited to, reinforcement of basic weight training knowledge, knowledge of safety practices, expansion of weight training programs by incorporating new Intermediate Weight exercises, increasing resistance, and modifying the number of sets and repetitions, knowledge of various weight training theories, knowledge of various equipment available in the field to develop muscular strength and endurance, and knowledge of designing, implementing and evaluating a personal weight training program. | |

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| **\*Weight Training 3** | |
| **Course #** | 15013600 |
| **Grade Level** | 9-12 |
| **Length** | 1 semester |
| **Prerequisite** | Wgt. Training 2 |
| **Credit** | 1/2 |
| The purpose of this course is to provide students with opportunities to extend the acquisition of knowledge and the development of skills introduced in intermediate weight training, further improve muscular strength and endurance, and further enhance body image. The content should include, but not be limited to, reinforcement of the knowledge introduced in beginning/intermediate weight training, application of knowledge to design and implement a personal weight training program to meet specific needs and goals, and knowledge of the organization/administration of weight lifting competition. | |

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| **\*Power Weight Lifting 1** | |
| **Course #** | 1501410 |
| **Grade Level** | 11-12 |
| **Length** | 1 semester |
| **Prerequisite** | Weight Training 3 |
| **Credit** | 1/2 |
| The purpose of this course is to enable students to acquire basic knowledge and skills in power weight training and to improve health-related fitness. The content should include, but is not limited to, safety practices, history, rules and terminology, techniques and strategies, biomechanical and physiological principles, fitness assessment, consumer issues and benefits of participation. | |

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| **\*Wrestling 1** | |
| **Course #** | 15055500 |
| **Grade Level** | 10-12 |
| **Length** | 1 semester |
| **Prerequisite** | None |
| **Credit** | 1/2 |
| The purpose of this course is to: (a) acquire knowledge and skills in wrestling, and (b) maintain and/or improve health-related fitness. | |

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| **\*Wrestling 2** | |
| **Course #** | 15055600 |
| **Grade Level** | 10-12 |
| **Length** | 1 semester |
| **Prerequisite** | None |
| **Credit** | 1/2 |
| The purpose of this course is to: (a) extend the knowledge and the development of skills in wrestling, and (b) maintain and/or improve health-related fitness. | |

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| **\*Basketball** | |
| **Course #** | 15033100 |
| **Grade Level** | 9-12 |
| **Length** | 1 semester |
| **Prerequisite** | None |
| **Credit** | 1/2 |
| The purpose of this course is to provide 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 to maintain and/or improve their personal fitness. This course expands and refines concepts and activities introduced in elementary and middle school. The content should include, but not be limited to, in depth knowledge and application of skills, techniques, strategies, rules and safety practices necessary to participate in basketball, and knowledge of the organization and administration of basketball games. Strategies of team play, skill acquisition, and the maintenance and/or improvement of personal fitness should be stressed. | |

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| **\*Care and Prevention of Athletic Injuries** | |
| **Course #** | 15024900 |
| **Grade Level** | 10-12 |
| **Length** | 1 semester |
| **Prerequisite** | None |
| **Credit** | 1/2 |
| The purpose of this course is to provide students with opportunities to acquire knowledge and skill relating to the nature, prevention, care and rehabilitation of athletic injuries that may be used in recreational pursuits today as well as in later life. The content should include knowledge of injury prevention, identification, management, and rehabilitation, knowledge of anatomy and physiology as related to athletic injuries and knowledge of conditioning methods. | |

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| **FOR ESE STUDENTS WITH AN IEP** |

All of these courses were deleted by the state in the Aug. 9, 2013 Summary of Changes.

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| **\*Adaptive PE-IEP** | |
| **Course #** | 15003000 |
| **Grade Level** | 9 |
| **Length** | 1 semester |
| **Prerequisite** | None |
| **Credit** | 1/2 |
| The purpose of this course is to meet student needs identified in the IEP. The content should include and be limited to the goals and objectives contained in the student’s IEP. All instruction, evaluation, and assessment shall be consistent with directives contained in P.L. 94-142, P.L. 93-112, and the Office of Special Education Policy Clarification paper relative to the provision of physical education to exceptional students. | |

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| **\*Adaptive Individual Sports** | |
| **Course #** | 15003100 |
| **Grade Level** | 10 |
| **Length** | 1 semester |
| **Prerequisite** | None |
| **Credit** | 1/2 |
| The purpose of this course is to provide students with handicapping conditions with opportunities to acquire knowledge of sports appropriate to their level of disability, develop skills in a variety of individual sports, and maintain and/or improve their personal fitness. The content should include, but not be limited to, knowledge of consumer issues related to individual sports for disabled persons, knowledge of the classification system applicable to the individual’s specific disability, and knowledge of safety practices. Opportunities should be provided to participate and develop basic skills in a variety of individual sports. | |

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| **\*Adaptive Team Sports** | |
| **Course #** | 15003200 |
| **Grade Level** | 9 |
| **Length** | 1 semester |
| **Prerequisite** | None |
| **Credit** | 1/2 |
| The purpose of this course is to provide students with handicapping conditions with opportunities to acquire knowledge of sports appropriate to their level of disability, develop skills in a variety of team sports and maintain and/or improve their personal fitness. The content should include knowledge of the classification system applicable to individual’s specific disability, and knowledge of safety practices. Opportunities will be provided to participate and develop basic skills in a variety of team sports. | |

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| **\*Adaptive Recreational Sports** | |
| **Course #** | 15003300 |
| **Grade Level** | 10 |
| **Length** | 1 semester |
| **Prerequisite** | None |
| **Credit** | 1/2 |
| The purpose of this course is to provide students with handicapping conditions with opportunities to acquire knowledge and skills in a variety of recreational activities that may be used outside the school setting with other disabled persons or with family and non-disabled peers, and maintain and/or improve their personal fitness. The content should include, but not be limited to, knowledge of the difference in active and passive pursuits, knowledge of the values of recreation to social development, knowledge of psychological values of recreational activities including stress management, knowledge of consumer issues related to recreational activities, and knowledge of safety practices. | |

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| **\*Adaptive Aquatics** | |
| **Course #** | 15003400 |
| **Grade Level** | 9-12 |
| **Length** | 1 semester |
| **Prerequisite** | None |
| **Credit** | 1/2 |
| The purpose of this course is to provide those exceptional students whose level of disability requires special assistance to insure safe instruction in the water with opportunities to participate in swimming activities, acquire knowledge of individual accommodations required to function safely in a water environment, and maintain and/or improve their personal fitness. The content should include, but not be limited to, knowledge and application of water entry techniques, knowledge and application of appropriate personal flotation devices, and knowledge of water safety techniques applicable to the specific handicapping condition culminating in an introduction to competitive swimming programs compatible with the individual student’s level of disability. | |

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| **Explanation of Symbols** | | |
| **Symbol** | **Explanation** | |
| **\*** | Course meets Physical Education graduation requirement except for students entering high school prior to 2007-2008. | |
| **Description: C:\Users\HOLLOWAYL\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.Outlook\VFNRH0QY\ScreenHunter_09 Aug  26 12 44.gif** | The virtual symbol indicates this course is available in a Pinellas County School virtual learning environment.  All Pinellas Virtual School (PVS) courses are aligned with the Next Generation Sunshine State Standards (NGSSS) and in the Board approved MS and HS Course Code Directories. |