

# **HIGH SCHOOL PHYSICAL EDUCATION**

## **New Construction**

### **I. PROGRAM PHILOSOPHY**

The senior high physical education program should provide for each student to develop to his/her best fitness potential and enhance physical skills in a group of selected physical activities. Opportunities for more in-depth participation in activities of a lifetime value are provided. The program should be presented in such a manner that the student understands the value of participation in physical activity as a means to a healthier, happier, and more successful life – physically, intellectually, socially, and emotionally.

### **II. PROGRAM GOALS**

- A. To help each student attain his/her best fitness level.
- B. To develop knowledge and skills of lifetime sports and activities that will meet their daily physical and recreational needs.
- C. To provide opportunities for students to enhance their skills, knowledge and understanding of specific selected sports activities.
- D. To provide opportunities to develop leadership, sportsmanship, and spectatorship.
- E. To offer an intramural program to all interested students.
- F. To offer an interscholastic athletic program to all interested students.

### **III. PROGRAM ACTIVITIES**

Senior high physical education shall be selected for ½ credits and a required ½ credit course in Personal Fitness to fill their 1-credit requirement. The following is a list of courses offered for each school to use to develop their program based on student interest, staff and facilities.

Health Opportunities through Physical Education (HOPE)	Water Safety
Personal Fitness	Team Sports 1
Aerobics 1	Team Sports 2
Aerobics 2	Tennis 1
Aerobics 3	Tennis 2
Fitness Lifestyle Design	Tennis 3
Comprehensive Fitness	Track and Field
Fitness Issues for Adolescence	Volleyball 1
Golf 1	Volleyball 2
Golf 2	Volleyball 3
Gymnastics 1	Sports Officiating
Gymnastics 2	Weight Training 1
Gymnastics 3	Weight Training 2
Individual and Dual Sports 1	Weight Training 3
Individual and Dual Sports 2	Power Weight Lifting 1
Individual and Dual Sports 3	Wrestling 1
Outdoor Education	Wrestling 2
Paddleball/Racquetball/Handball	Basketball
Racquetball 1	Care and Prevention of Athletic Injuries
Recreational Activities	Adaptive PE – IEP
Self-Defense Activities	Adaptive Individual Sports
Soccer	Adaptive Team Sports
Softball	Adaptive Recreational Sports
Swimming 1	Adaptive Aquatics
Swimming 2	

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#### IV. ORGANIZATIONAL NOMENCLATURE

Teacher - Student Ratio:	1:38
Student Capacity per Period:	250
Total Number of Teachers:	7
Total Number of Aides:	0 (if applicable)
Grade Levels or Age Levels for Which Program is Intended:	9 - 12
Hours per Day Space Will Be Used:	10

#### V. INNOVATIONS, EXPERIMENTAL IDEAS, OTHER PLANNED USES

- A. Night classes, using wrestling room, gym floor, dance room for judo, karate, etc., will be conducted.
- B. The number of lockers provided should exceed the anticipated peak load, allowing for locker repair.
- C. Area should be capable of being secured from remainder of school plant to facilitate evening use.

#### VI. SQUARE FOOTAGE CHANGES EXPLANATION THAT VARIES FROM APPROVED FACILITIES LIST

- A. Number of group and individual showers based on district need.
- B. Dressing Room spaces, Male and Female, per State Requirements for Educational Facilities.
- C. Possibly locate two resource rooms near physical education.

#### VIII. PROGRAM FURNITURE AND EQUIPMENT REQUEST FORM

\*Shown on drawings

# purchased and installed by contractor

Director of Physical Education to be contacted for specs and placement

<u>Space or Area</u>	<u>Number of Items</u>	<u>Description of Furniture/Equipment Needed</u>
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#### **GYMNASIUM**

*#1	Electric Scoreboard (with Wireless Remote)
*#	Safety Mats, both ends of courts (Porter)
*#2	Clocks (both ends of court)
*#6	Glass Retractable Backboards with required backboard padding and breakaway rim (4 elect. Raised side) Porter
*#1	Folding Bleachers (Motorized Rollaway) Number to be determined by design
#4	Climbing Ropes with Rope Hoist and Clamps
2	Competition Landing Mats
24	Folding Mats
1	Parallel Bar
1 Pair	Rollaway Game Standards (Porter #00430-000)

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<b>GYMNASIUM (continued)</b>		
	2	Center Rollaway Standards (Porter #00430-100)
	1	Mat Dolly
	1	One Public Address System with several jacks for input
	*#2	Set of Floor Plates for Volleyball with Dual Standards, Protective Mats and Judges Stand (Porter #00946-900)
	#4	Chinning Bars – Adjustable (Porter #00197-000)
	4	Portable 6 ft. Whiteboards
	4	Table Tennis Tables
	1	Uneven Parallel Bar
	1	Side Horse
	2 sets	Transporters
	1	Padded Balance Beam w/Transporters
	1	Vaulting Board w/6 springs
	1	Vaulting Board w/9 springs
	1	Wi-Fi Wireless Internet
<b>GYMNASIUM / DANCE</b>		
	*1	Mirrored wall
<b>MULTIPURPOSE / INSTRUCTION</b>		
	1	30 ft. x 30 ft. Wrestling Mats (approximate)
	1	Wireless Microphone/Audio System for Aerobics
<b>WRESTLING ROOM (Combine with weight room)</b>		
	*2	Mounted Wall Speakers with jack for sound and wireless microphone
	2	42 ft. x 42 ft. Wrestling Mats
	*4	Padded Walls
<b>LOCKER ROOMS, PER SIDE</b>		
	*#700	Box and Dressing Lockers – 12 to 2 Ratio (6 box – 2 dressing – 6 box)
	*#100	Athletic Lockers, Concrete Slab Base as Bench
	*#1	Wall Clock
	*#2	Water Coolers
	*#2	Bulletin Boards
	#2	Paper Towel Dispensers
	*#1	Electric Hand Dryer
	*#1	Hand Sanitizer Dispenser
	*#2	Mounted Oscillating Fans to provide air movement

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#### **WEIGHT ROOM (conditioning/fitness) (Combine with wrestling room)**

6	Olympic Barbell Sets
1	Dumbbell Set with Rack
1	Futrex-5000
1	TriFit Health Management System by Health First
*4	Computers to run fitness logging programs

#### **The following equipment must be Hammer Strength:**

1	Women's Lateral Raise Machine
1	Weight Assisted Chin Up/Dip Machine
2	Nautilus Softstep Treadmill
1	Abdominal Machine
1	Prone Leg Curl Machine
1	Compound Row Machine
1	Women's Pullover Machine
1	Hip Adduction Machine
1	Leg Extension Machine
1	Super Pullover Machine
1	Low Back Machine
1	Leg Press Machine
1	Overhead Press Machine
1	Rotary Torso Machine
1	Multi-Tricep Machine
1	Multi-Bicep Machine
1	Seated Leg Curl Machine
1	Torso Arm Machine
1	Bench Press Machine
1	Men's Chest Machine
1	Women's Double Chest Machine
2	AR.1000 Recumbent Cycle
2	AS.2000 Aerobic Stair Climber

#### **TRAINING ROOM**

*2	Padded Tables
*#1	Ice Machine
*#2	Whirlpool
4	Therapeutic Lamps
*4	Storage Cabinets
*1	Physician's Scale
*1	Refrigerator/Freezer
*1	File Cabinet

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#### **BASEBALL FIELD (in compliance with Gender Equity and State Specifications)**

*#1	Two dugouts, with Fenced Field
*#1	Score Board
*#1	Public Address Sound System
*#1	Baseball Field Lighting
*1	Sound System

#### **SOFTBALL FIELD (in compliance with Gender Equity and State Specifications)**

*#1	Two dugouts, with Fenced Field
*#1	Scoreboard
*#1	Public Address Sound System
*#1	Softball Field Lighting
*1	Sound System

#### **TENNIS COURTS**

*#6	Sets for Tennis Posts with Heavy-Duty Nets
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#### **BASKETBALL COURTS**

*#3	Basketball Standards with Backboards (provide four (4) rims at each court)
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#### **LAUNDRY ROOM**

*#1	Heavy-Duty Washing Machine-Commercial
*#1	Heavy-Duty Drying Machine- Commercial
1	6' Table
2	Rolling Laundry Wagons

#### **OFFICE-TEACHER PER SIDE**

*3	Teacher Desks and Chairs
*3	File Cabinets
*3	Wardrobe Lockers
1	Bookcase 3' x 1' x 6'
1	Work Table 30" x 6'
#1	Bulletin Board
1	Typewriter
2	Computers
1	Printer
4	Chairs

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#### **IX. SPECIAL CONSIDERATIONS**

- Heating/Cooling/Ventilation

Air conditioning and heat required in gym, all locker room areas, offices, classrooms, weight room (conditioning/fitness), training room, lobby, wrestling room, multipurpose room, and public restrooms. Locker rooms should have large blower fans for drying of practice clothing. Heat and Air Conditioning should be designed to accommodate use during evening classes, without the necessity for operating the “entire” system.

- Acoustics

Extra acoustical treatment for gymnasium, multipurpose room, wrestling room, weight room (conditioning/fitness), and locker rooms. Special attention must be given to the gymnasium to reduce noise level.

- Floor

Gym: Hardwood

Wrestling Room: Padded, over Vinyl Composition Tile

Shower, Locker, Toilets, Laundry: Ceramic Tile

Storage: Dust-sealed, hardened concrete

Offices: Vinyl Composition Tile

Training Room: Ceramic Tile

Lobby, Ticket Booth, Concessions: Ceramic Tile

Weight/Multipurpose Room: Dust-sealed, hardened concrete overlaid with rubber flooring (Tuflex – light color)

- Walls

Gym, Weight Room: Epoxy or enamel finish extending to 6' above floor and 4' above bleachers in gym.

Multipurpose Room: Padded

Showers, lockers, toilets: Impervious wall treatment

- Ceiling

Gym and Multipurpose Room: 22' minimum

All Others: Standard acoustically treated

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#### IX. SPECIAL CONSIDERATIONS (continued)

- Lighting

LED in all areas

- Windows

Vertical blinds shall be provided for all exterior windows

- Doors

Doors opening into classrooms shall be recessed

Doors must be wheelchair accessible

- Plumbing

Provide hot and cold water in locker and shower rooms, teacher showers, laundry room, training room, concession stand and restrooms.

Provide recessed electric drinking fountains in locker rooms, lobby and gym

Master shutoff and temperature control for student showers in teacher's office

Hose bibs as needed in shower and restroom areas

Each group restroom (toilet) shall have a hose bib and floor drain

- Communications

Public address system with microphone plug-in located in the gymnasium

- Electrical

220 volt single, three phase in laundry room and concession area

Regular 110 volt outlets every 30' in gym area and Ground Fault Interrupter (GFI) outlets, 110 volt in locker area

Four – 110 outlets in concession area

Four – 110 outlets in all offices

Eight – 110 outlets in the multipurpose room and wrestling room

At least one 110 outlet in all remaining spaces

Four – 220 outlets in weight room for treadmills

#### IX. SPECIAL CONSIDERATIONS (continued)

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- **Electrical** (continued)

Two waterproof outlets (in lock boxes) on each of the following: basketball courts, softball diamond and fitness area

Two – 110 duplex outlets on each wall of each classroom

Two – 110 duplex outlets in all rooms

- **Safety**

First Aid Kit and Automated External Defibrillator (AED) unit in each of the Physical Education offices

Wall padding and door padding on each end of the gym, 2' x 6' to cover the entire width of the end zone (50')

Mats should be removable

- **Fencing**

Tennis Courts – 12' high around outer perimeter of courts

Basketball Courts – 12' high around outer perimeter of courts

- **Service Drives**

Drive next to gym for loading or moving of heavy equipment

- **Built-ins Cabinetry**

A. and B. Built-in work counter and Built-in cabinets/shelving

Concession Stand to have wall length cabinets – standard kitchen height, length and depth. Shelving needed above counter.

- **Other Considerations**

Tennis Courts and Basketball Courts

Discuss option of adding tennis and basketball courts. Identify additional associated costs.