

Healthy Lifestyles & Fitness

REQUIRED

Fitness For Life

Prerequisite: None

Grade: 10 *Subject Area:* PE

One Semester

Fitness For Life class is an individualized concept-based course designed to give students the knowledge and skills necessary to self-assess, create, conduct, evaluate, and redesign personal fitness programs.

Fitness for Life is a combination of classroom based and activity-based learning activities with a focus on students' mastery of the skills and concepts necessary to becoming independent monitors of their personal life-time fitness. Students are to become proficient in the use of a variety of assessments, measurement devices, exercise equipment, web resources, and software programs. An approved student test called Fitness for Life is an integral part of the class.

This course comprises the bulk of students' fitness education in the high school. The teacher directed supervises classroom participation sessions and serves as a both facilitator and instructor. Athletics may not substitute for this course, but students may elect to take this course through Electronic High School.

Health

Prerequisite: None

Grade: 10-12 *Subject Area:* PE

One Semester

This course is designed to cover factors influencing personal health and will cover an in-depth study of drugs, alcohol, and tobacco, along with units on appearance, human relations, mental health, and first aid.

Skills and Technique Class

Prerequisite: Required 9th

Grade: 9 *Subject Area:* PE

One Semester

Students should be participating in lifetime activities. This course de-emphasizes competitive team sports due to their lack of carry over as lifetime activities. Competency involves the ability to successfully apply basic skills, strategies, and rules using standardized guidelines. There are no

substitutions, including athletics, for this course.

HEALTHY LIFESTYLES

Adaptive PE

Prerequisite: IEP

Grade: 9-12 *Subject Area:* PE

One or Two Semesters

Aerobic/Toning and Dance Conditioning

Prerequisite: None

Grade: 10-12 *Subject Area:* PE

One Semester

This coed, physical fitness and power-toning course will involve aerobic movement, conditioning and fitness for life.

Dance 1

Prerequisite: None

Grade: 9-12 *Subject Area:* PE

One Semester

This course focuses on the beginning level dance course, which builds dance knowledge and skills in technique, improvisation, choreography, artistic expressions, performance, history, culture, life skills, and connections to other curricular areas.

Dance 2

Prerequisite: Dance 1 and/or at least two years dance experience

Grade: 10-12 *Subject Area:* PE

Two Semesters

This intermediate level dance course builds dance knowledge and skills in technique, improvisation, choreography, artistic expression, performance, history, culture, life skills, and connections to other curricular areas.

Lifetime Sports - Coed

Prerequisite: None

Grade: 11-12 *Subject Area:* PE

One Semester

This course is a more specialized class designed to develop a higher level of proficiency and more in depth expertise in up to three different activities. Students will

Healthy Lifestyles & Fitness

engage in activities that they can participate in for the rest of their lives.

Social Dance

Prerequisite: None

Grade: 10-12 *Subject Area:* PE

One Semester

Students will learn the fundamental dance skills and dance history of traditional and popular ballroom dances. Cultural dances and dance history will also be taught.

Swimming/Life Guard Training

Prerequisite: 15 years old & swim 20 lengths of pool

Grade: 10-12 *Subject Area:* PE

One Semester

Fee: \$35.00

This course is from the American Red Cross. It consists of 27 hours of instruction plus practice intern hours. Students will receive training in CPR, oxygen supply, first aide and other lifeguard skill areas needed to be certified as a lifeguard. All objectives must be met in order for a participant to receive certification. A passing score of 80 percent is required to get a Red Cross Certificate. Students must supply their own, suit, towels, and transportation to and from the pool.

Weight Training

Prerequisite: None

Grade: 9-12 *Subject Area:* PE

One Semester (Fall or Spring)

This course is designed to develop strength, speed, and flexibility for anyone who takes it. Size development and weight control is also possible. The program is very flexible and can easily be adapted to meet individual needs for various sports, in-season and off-season workouts, and individuals not involved in sports and just want a good workout and an overall conditioning program. A stretching and flexibility program is part of the course and is essential when an individual is lifting weights to help develop speed, quickness, and to help eliminate injury.