

## V. COURSE DESCRIPTIONS-HEALTH, PE & ATHLETICS

# HEALTH, PHYSICAL EDUCATION & ATHLETICS



### REQUIREMENTS FOR PHYSICAL EDUCATION

- Students are required to earn a minimum of 1 credit in physical education, but they may earn no more than 4 credits toward state graduation requirements.
- All PE/athletic credits after 4 are considered local credit.
- Each semester UIL competition sports will substitute for physical education.
- Marching band, color guard, and drill team may substitute for physical education.
- The first year of cheer and one year of ROTC will count for a full credit of PE substitution.
- Finally, the district will award state graduation credit for physical education for private or commercially-sponsored physical activity programs conducted off campus:
  - **Category 1:** 15 hours of documented intense activity per week or
  - **Category II:** 5 hours of documented intense activity per week.

Categories are determined by the hours and level the student is performing his/her activity. These activities may include but are not limited to ice skating, gymnastics, ballet, fencing, and equestrian sports. If interested in earning physical education credit through off-campus participation in physical activity programs, the student should contact their counselor.

### COURSES WHICH MAY WAIVE THE PHYSICAL EDUCATION GRADUATION REQUIREMENT

<b>Marching Band</b>	<b>Drill Team &amp; JV Drill Team</b>
<b>Athletic Trainer</b>	<b>UIL Competition Sports</b>
<b>Cheerleading</b>	<b>Color Guard</b>
<b>Junior ROTC</b>	

### HEALTH

**Course Number: 4000**

**Placement: 9-12**

**Credits: ½**

**Prerequisite: None**

This course provides opportunities for pupils to acquire facts, to develop proper attitudes, and to establish practices and habits that will contribute to personal and community health.

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### PE I – FOUNDATIONS OF PHYSICAL FITNESS

**Course Number: 4001**

**Placement: 9-12**

**Credits: ½**

**Prerequisite: None**

Students in Foundations of Personal Fitness are expected to participate in a wide range of activities that can be pursued for a lifetime. Principles of exercise, health, skill related fitness and nutrition will be addresses. Students will learn to develop and maintain their own personal exercise program.

### PE II – AEROBICS

**Course Number: 4003**

**Placement: 9-12**

**Credits: ½**

**Prerequisite: None**

Students enrolled in this course are exposed to a variety of activities that promote health-related fitness. A major expectation of this course is for the student to design a personal fitness program that uses aerobic activities as a foundation. This course is designed to have students exhibit a level of competency in two or more aerobic activities that may include dance, jogging, power walking and aerobics.

### PE III- INDIVIDUAL/TEAM SPORTS

**Course Number: 4004**

**Placement: 9-12**

**Credits: ½**

**Prerequisite: None**

Students in Individual/ Team Sports are expected to participate in a wide range of individual/team sports that can be pursued for a lifetime. The continued development of health-related fitness and the selection of individual/team sport activities that are enjoyable is a major objective of this course. The student will demonstrate competency in movement skills in two or more sports such as basketball, soccer, volleyball, badminton, tennis, golf or other individual/team sports.

### BEGINNING SWIMMING FOR FITNESS

**Course Number: 4010**

**Placement: 9-12**

**Credits: ½**

**Prerequisite: Students must be able to swim one length (25 yards) of the pool.**

Beginning swimmers with low skill levels need to learn basic swimming strokes, proper breath control, develop general conditioning, and learn to swim competently. Class is fundamentally organized to stress proper technique throughout the learning process. This is accomplished by using short descriptive lectures, videos, dry land drills, and practice in the pool. Build-up drills, exercises to enhance motor-skill development and games will be included at this level. **This course will be taught at the MISD Natatorium.**

### INTERMEDIATE SWIMMING FOR FITNESS

**Course Number: 4011**

**Placement: 9-12**

**Credits: ½**

**Prerequisite: Beginning Swimming for Fitness**

Intermediate swimmers with moderate skill level will review the rudiments of stroke development as taught in Beginning Swimming before progressing into Intermediate Swimming. Based on each individual's ability and competency, greater emphasis is placed on conditioning. Individual drill and stroke refinement will be included regularly. Students are introduced to advanced skills as they relate to competitive swimming. These skills include but are not limited to, flip turns, competitive starts and finishes. **This course will be taught at the MISD Natatorium.**

### ATHLETIC TRAINER

**Course Number: 4031**

**Placement: 9-12**

**Credits: 1**

**Prerequisite: Student Application**

This course is designed to give students the opportunity to provide preventative, evaluative, and rehabilitative care of athletic injuries at his/her high school campus. Students are required to work all year with a minimum of 2 sports determined by the head athletic trainer. Students are required to attend all practices and games of the assigned sports. This course counts as PE credit.

### SPORTS MEDICINE

**Course Number 4039**

**Placement: 9-12**

**Credits: ½**

**Prerequisite: Student Application**

This course provides an opportunity for the study and application of the components of sports medicine including but not limited to: sports medicine related careers, organizational and administrative considerations, prevention of athletic injuries, recognition, evaluation, and immediate care of athletic injuries, rehabilitation and management skills, taping and wrapping techniques, First Aid/CPR emergency procedures, nutrition, sports psychology, human anatomy and physiology, therapeutic modalities, and therapeutic exercise.

### PARTNERS IN PE

**Course Number 4005**

**Placement: 10-12**

**Credits: ½ - 1**

**Prerequisite: Student Application**

This is a physical education course in which students with special needs are partnered with other students. Students with special needs will develop health-related fitness and an appreciation for team work and fair play. Other students gain insight into students with special needs while the special needs students learn a basic understanding of PE.

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### JV DRILL TEAM

**Course Number 4081**

**Placement: 9**

**Credits: ½ - 1**

**Prerequisite: Try-Outs**

This course is designed for students who wish to learn and improve their technical dance skills based on classical ballet and jazz. Students will learn dance routines using proper carriage, presentation and group performance skill. Each student will be a member of the JV Drill team. **Students will be expected to purchase a uniform, shoes, leotards, poms, and tights. (About \$400-\$450)** This team will be a performing group and as such will have some after school practices and performances. This group will be under the UIL guidelines regarding No Pass/No Play. The first year a student successfully completes Drill Team they will receive one PE credit substitution. The subsequent years will receive Fine Arts credit for Dance certified instructor.

### VARSITY DRILL TEAM I, II, III, IV

**Course Number 4071, 4072, 4073, 4074**

**Placement: 10-12**

**Credits: ½ - 1 per course**

**Prerequisite: Try-outs & JV Drill Team**

Drill Team is a performing group for various athletic events and other school functions. Tryouts are held during the spring term of the preceding year. Drill Team members participate in various statewide competitions. Students are expected to purchase uniforms. The first year a student successfully completes Drill Team they will receive one PE credit substitution. The subsequent years will receive Fine Arts credit for Dance certified instructor.

### CHEERLEADING I, II, III, IV

**Course Number: 4085 (Local= 4083, 4084, 4091)**

**Placement: 9-12**

**Credits: ½ - 1 per course**

**Prerequisites: Try-outs**

Cheerleaders are expected to perform at athletic events and functions throughout the school year. Tryouts are held during the spring term of the preceding year. Uniforms are required and summer cheerleading camp is mandatory. The first year (4085) a student successfully completes cheerleading they will receive one PE credit substitution. Each subsequent year they will receive local credit.

### ATHLETICS

**Course Numbers: Listed Below in Chart**

**Placement: 9-12**

**Credits: ½ - 4 (State) 4 ½ - 8 (Local)**

**Prerequisite: Approval of Head Coach/Try-outs**

The Mansfield Independent School District Athletic Department offers a full range of UIL sponsored Competitive athletic activities for young men and women. These courses will include such things as rules of the game, proper sportsmanship, training in skill and techniques, physical conditioning, and competitive sports versus other UIL high schools.

GIRLS' ATHLETICS	BOYS' ATHLETICS
<b>Freshman Volleyball</b> Course Numbers: 4102	<b>Freshman Football</b> Course Numbers: 4211
<b>Freshman Basketball</b> Course Numbers: 4101	<b>Freshman Basketball</b> Course Numbers: 4212
<b>JV/Varsity Volleyball I-IV</b> Course Numbers: 4111-4114	<b>JV/Varsity Football I-IV</b> Course Numbers: 4251-4254
<b>Girls' JV/Varsity Basketball I-IV</b> Course Numbers: 4121-4124	<b>Boys' JV/Varsity Basketball I-IV</b> Course Numbers: 4221-4224
<b>Cross Country/Track and Field I-IV</b> Course Numbers: 4171-4174	<b>Boys' JV/Varsity Soccer I-IV</b> Course Numbers: 4261-4264
<b>Girls' JV/Varsity Soccer I-IV</b> Course Numbers: 4151-4154	<b>JV/Varsity Baseball I-IV</b> Course Numbers: 4201-4204
<b>Softball I-IV</b> Course Numbers: 4161-4164	<b>Cross Country/Track and Field I-IV</b> Course Numbers: 4281-4284
<b>Swimming I-IV</b> Course Numbers: 4331-4334	<b>Golf I-IV</b> Course Numbers: 4301-4304
<b>Tennis I-IV</b> Course Numbers: 4311- 4321	<b>Swimming I-IV</b> Course Numbers: 4331-4334
<b>Golf I-IV</b> Course Numbers: 4301-4304	<b>Tennis I-IV</b> Course Numbers: 4311-4314