

PHYSICAL EDUCATION, WELLNESS & SAFETY EDUCATION

The Physical Education, Wellness and Safety Education courses at AVHS offer students opportunities to explore team sports, individual sports, and lifetime activities. We want all of our students to learn how to live long, healthy lives through physical activity and enhancing their health-related fitness.

- Our Physical Education curriculum focuses on developing life-long learners through active participation. Students will acquire knowledge and skills to provide a foundation for implementing an active lifestyle.
- Our Wellness curriculum provides students opportunities to learn and practice essential life skills. Students will learn the importance of achieving a high level of wellness through identifying and developing health-enhancing behaviors.
- Safety Education will cover driver education, accident prevention, and automobile safety. Students will also be trained in CPR. Safety Education is a graduation requirement in ISD 196.

Course Requirements for Graduation:

1. Fitness for Life	1 trimester	grade 9
2. Wellness 1	1 trimester	grade 9
3. Safety Education	1 trimester	grade 9 (typically)
4. Wellness 2	1 trimester	grade 10 (typically)
5. Physical Education Elective	1 trimester	grade 10-11-12
6. Physical Education Elective	1 trimester	grade 10-11-12
7. Physical Education Elective	1 trimester	grade 10-11-12

9TH GRADERS – All students will take three Physical Education classes in 9th grade. These courses may be scheduled in any order:

- Fitness for Life
- Wellness 1
- Safety Education **OR** a Physical Education elective

OPTION A -- Students born on or before November 30th, 2005 should register for 4511 (Safety Ed A), 4522 (Fitness for Life B) and 4649 (Wellness 1C)

OPTION B – Students born on or between December 1, 2005 and March 1, 2006 should register for 4512 (Safety Ed B), 4647 (Wellness 1A), and 4523 (Fitness for Life C)

OPTION C – Students born after March 1, 2006 should register for 4513 (Safety Ed C), 4521 (Fitness for Life A) and 4648 (Wellness 1B)

****Please note: We do our absolute best to match Safety Ed courses with birthdays. However, occasional adjustments might be made due to number of students enrolled in each trimester.**

*Students **NOT taking Safety Ed** as 9th graders should register for:

4521 – Fitness for Life A (REQUIRED)

4648 – Wellness B (REQUIRED)

and one of the following:

4562 – Strength and Speed for Men

4584 – Strength and Speed for Women

4591 – Cardio Fitness

4596 – Dance + Cardio Mixx

4627 – Total Body Fitness 1

Fitness for Life (4521, 4522 or 4523)

Grade: 9

Prerequisite: None, this class is a prerequisite for all other Physical Education classes

This introductory course will lay the foundation for students to engage in a lifetime of physical activity. This course will explore cardiovascular fitness and strength training through technology. Students will utilize pedometers, heart rate monitors and equipment in the Fitness Center, including elliptical machines and spin cycles. This course also includes the development of fundamental skills, team playing techniques and basic strategies for sport activities. Units will vary by season and trimester. Units may include: team building challenges, soccer, disc golf, ultimate frisbee, touch football, lacrosse, basketball, volleyball, floor hockey, broomball, and softball.

Wellness 1 (4647, 4648 or 4649)

Grade: 9

Prerequisite: None

Wellness 1 incorporates goal setting, decision-making, and refusal skills in the areas of fitness/nutrition, human sexuality, communicable disease, and cardiovascular wellness. This course includes HIV/AIDS and human sexuality curriculum.

10TH THROUGH 12TH GRADE STUDENTS

Physical Education Course Offerings			
Required	Fitness for Life Prerequisite for all Physical Education classes		
Electives	Basic Self Defense	Spring Racquet Sports 1 & 2	Total Body Fitness
	Hockey/Broomball	Winter Team Sports	Cardio Fitness
	Lacrosse/Soccer	Spring Team Sports	Strength Training for Men
	Fall Racquet Sports	Mind Body Connection	Strength Training for Women
	Fall Team Sports (also offered zero hour)	Dance-Cardio Mixx	Advanced Strength Training for Men and Women

Wellness 2 4507

Grades: 10-11-12

Prerequisite: Wellness 1

Wellness 2 incorporates the skills of goal setting, decision-making, and refusal techniques into the areas of mental health, stress and stress management, mental illness, and tobacco, alcohol, and other chemicals.

Online Wellness 2 4501

Grades: 10-11-12

Prerequisite: Wellness 1

Online Wellness 2 incorporates knowledge into goal setting, decision-making, and refusal skills in the areas of mental health; stress and stress management; tobacco, alcohol, and other chemicals. This is an online hybrid course in which most of the work is done online. **This class meets Wednesdays throughout the trimester at 6:30 a.m.** Students should expect approximately four hours of course work to be done outside of class each week.

Cardio Fitness 1 4591

Grades: 9-10-11-12

Prerequisite: None

This course will focus on enhancing personal cardiovascular fitness levels through high and low intensity training, circuits, and muscle conditioning. Components of instruction will include exercise physiology, cardiovascular conditioning, and cardiovascular anatomy.

Cardio Fitness 2 4594

Grades: 10-11-12

Prerequisite: Cardio Fitness 1

Students will continue to develop the complexity of their conditioning. This course will focus on enhancing personal cardiovascular fitness levels through high and low intensity training, circuits, and muscle conditioning. Components of instruction will include exercise physiology, cardiovascular conditioning, and cardiovascular anatomy.

Basic Self Defense 4597

Grades: 10-11-12

Prerequisite: Fitness for Life

This course will provide basic instruction in the principles and philosophy of self-defense. Students will explore and expand self-confidence and defense maneuvers. This course is designed for students with little or no self-defense experience. Self-defense punches and kicks will be implemented into a kickboxing cardiovascular unit.

Dance + Cardio Mixx 4596

Grades: 9-10-11-12

Prerequisite: Fitness for Life

Dance+Cardio Mixx is a course at that combines the fitness elements of dance with the cardiovascular requirements of physical education Students will learn about cardiovascular health, core strength, skeletal alignment, and muscle balance while studying swing dance, salsa, cardio hip hop, Zumba, yoga, and more. This class will be fun, fast paced, and interactive.

Fall Team Sports 4531

Grades: 10-11-12

Prerequisite: Fitness for Life

Units: Touch/Flag Football, Soccer, Lacrosse, Broomball, Disc Golf

These activities will cover rules, strategies, and fundamentals of each game. Advanced skills and strategies of team play are emphasized.

Fall Team Sports—Zero Hour 4532

Grades: 10-11-12

Prerequisite: Fitness for Life

This course in physical education will include a variety of sports and activities with emphasis on teamwork, sportsmanship, and physical conditioning. Activities will vary but may include strength and conditioning activities, racquet sports, basketball, team handball, and indoor games.

The class meets from 6:30 am to 7:20 am, each school day beginning on day 2 of the fall trimester. Students must provide their own transportation for a class start time at 6:30 am. Bus transportation will not be available for this class. This class will earn one physical education credit. All attendance policy rules, physical education dress code, and class expectations will be enforced. This course will only be offered in the fall trimester.

Enrollment priority will be given to students who do not take any study halls and have difficulty getting the 7th Physical Education, Wellness and/or Safety Education class completed because it requires them to drop a full year class. However, this class is currently open to all students in grades 10, 11 and 12.

Fall Racquet Sports 4534

Grades: 10-11-12

Prerequisite: Fitness for Life

Units: Tennis, Badminton, Pickle Ball, Table Tennis

This course will include fundamental strokes, rules, and game strategy for each activity. There will be singles and doubles tournaments in each class. Students must furnish their own tennis racquets. Students may purchase a badminton racquet from AVHS. Table tennis and pickle ball paddles will be supplied.

Prevention and Care of Athletic Injuries 4554

Grades: 10-11-12

Prerequisite: Fitness for Life

This course provides instruction, demonstration, and hands-on-training in the basic principles of first aid and athletic training. It also provides instruction in anatomy and physiology of the human body. This course includes developing the ability to deal with common medical problems, common injuries occurring in sports activities, and athletic taping techniques. Time is also devoted to research of sports medicine careers. Students who are interested in becoming student athletic trainers are provided with the background to perform this role.

Strength Training for Men 4562

Grades: 9-10-11-12

Prerequisite: Fitness for Life

This course will use a variety of techniques and skills for enhancing physical fitness levels. Students will participate in a supervised program of weight training activities based on individual needs. Developing large muscular strength and endurance, speed development, flexibility and conditioning drills will be incorporated into the class.

Strength Training for Women 4584

Grades: 9-10-11-12

Prerequisite: Fitness for Life

This course will use a variety of techniques and skills for enhancing physical fitness levels. Students will focus on proper stretching techniques, free weights, weight machines, plyometrics, cardio training and speed development as effective training methods to tone and tighten muscles. Emphasis will be on overall fitness.

Advanced Strength Training for Women and Men 4563

Prerequisite: Fitness for Life and Strength Training

This course is designed for both female and male students wishing to continue and enhance their strength, speed and overall fitness. The course will use various best practice techniques to tailor programs to the individual student-athlete. This course can be taken multiple times throughout an academic career.

Advanced Strength Training for Women and Men 4564

*Same course as above. This number will be used for students registering for the class a 2nd time in the same school year.

Total Body Fitness 1 4627

Grades: 9-10-11-12

Prerequisite: Fitness for Life

This course will concentrate on increasing muscular conditioning and overall body fitness. A variety of equipment and current training styles will be explored, such as: Tabata training, circuit training, Pilates, yoga, and isolated muscle strengthening. Students will learn how to design and present a workout for the class.

Total Body Fitness 2 4587

Grades 10-11-12

Prerequisite: Fitness for Life, Total Body Fitness 1

Students will continue to develop the complexity of their fitness. This course will concentrate on increasing muscular conditioning and over all body fitness. A variety of equipment and current training styles will be explored, such as: Tabata training, circuit training, Pilates, yoga, and isolated muscle strengthening. Students will learn how to design and present a workout for the class.

Winter Team Sports 4601

Grades: 10-11-12

Prerequisite: Fitness for Life; Winter Team Sports 2

Units: Basketball, Floor Hockey, Volleyball, Team Handball

This course will include the development of fundamental skills, team playing techniques, and basic game strategies of basketball, volleyball, floor hockey, and team handball. The students will also assist in officiating games and participate in round-robin tournaments.

Hockey/Broomball 4608

Grades: 10-11-12

Prerequisite: None

This course will include the development of fundamental skills, team playing techniques, and basic game strategies of broomball and hockey in the Apple Valley Sports Arena. Students may need to furnish their own hockey sticks and skates.

Spring Team Sports 4621

Grades: 10-11-12

Prerequisite: Fitness for Life

This course will emphasize physical fitness through participation in a variety of activities and sports. Units included in the course will be: ultimate frisbee, softball, rec games, dodge ball, and disc golf.

Spring Racquet Sports 1 4623

Grades: 10-11-12

Prerequisite: Fitness for Life

Units: Badminton, Table Tennis, Pickle Ball, and Tennis

This course will include game strategies for each activity. There will be singles and doubles tournaments in each class. Students must furnish their own tennis racquets. Students may purchase a badminton racquet from AVHS. Table tennis and pickle ball paddles will be supplied.

Spring Racquet Sports 2 4624

Grades: 10-11-12

Prerequisite: Fitness for Life; Fall or Spring Racquet Sports 1 in a previous school year

Units: Badminton, Table Tennis, Pickle Ball, and Tennis

This is an ADVANCED course for students whom have taken other Racquet Sports classes. This course will include game strategies for each activity. There will be singles and doubles tournaments in each class. Students must furnish their own tennis racquets. Students may purchase a badminton racquet from AVHS. Table tennis and pickle ball paddles will be supplied.

Lacrosse/Soccer 4625

Grades: 10-11-12

Prerequisite: Fitness for Life

This course will provide students with an opportunity to experience lacrosse and soccer at a level in which any student enrolled will have success. Lacrosse is a game played with a netted stick and a ball, involving stick handling using the upper body. Soccer, on the other hand, involves ball-handling skills with the legs. The combination of the two activities will provide an excellent means of attaining a high level of physical fitness while enjoying great activities.

Unified Physical Education 4650

Grades: 10-11-12

Prerequisite: Fitness for Life

In this course, General Education and Adapted Physical Education students will learn and work together. Students will support one another while learning the knowledge and skills to maintain a health-enhancing lifestyle of physical activity and fitness. Students will participate and learn to make modifications by playing basketball, kickball, softball, soccer, floor hockey and volleyball. They will also work cooperatively on strength training, fitness testing, biking and scooter activities. Through ongoing leadership opportunities, students will also be empowered to create a more inclusive and accepting school environment for all students.

Mind Body Connection 4530

Grades: 10-11-12

Prerequisite: Fitness for Life and Wellness 1

Students will explore and understand positive strategies to take care of their mind and body. The course will focus on learning and practicing strategies to improve and promote healthy social and emotional health through physical fitness and positive stress management skills. Students will develop skills to promote healthy behaviors and reduce risk factors that contribute to unhealthy choices. Students will be able to understand how people who have good emotional health are aware of their thoughts, feelings and behaviors. Students will participate in yoga, meditation and low impact aerobic exercise. Top 20 Teens curriculum will be used for classroom lessons.