

## **PHYSICAL EDUCATION**

The physical education curriculum is designed to provide students with educational activities which emphasize the development of skill proficiency in lifetime sports and offer carry-over value for adult life. Selected curricular activities engage the student in activities which encourage and emphasize the development of desirable social attitudes and both mental and physical fitness.

### **CP ANATOMY AND PHYSIOLOGY – 4400 (Science – 5035)**

**11, 12**

**1 credit (.5 credit P.E., .5 credit science)**

CP Anatomy and Physiology is a course designed for students interested in learning about their body's structure and function through integrated hands on projects and activities. Usually taken after a comprehensive initial study of biology, Anatomy and Physiology courses present the human body and biological systems in more detail. In order to understand the structure of the human body, students learn anatomical terminology, explore functional systems (skeletal, muscular, circulatory, respiratory, digestive, and nervous). 8 of the 11 body systems will be covered in depth. Class activities at Horizon will consist of lectures, group and individual work, a variety of dissections including a complete dissection of a mink, lab projects, movement analysis, fitness assessments, and completing an exhibition project. These skills are designed to help students prepare for post high school experiences. This course is recommended for students interested in pursuing careers in medical, health or sports medicine related fields. The student will earn ½ credit Science and ½ credit PE.

### **HEALTHY CHOICES - 4110**

**(Fulfills health requirement)**

**9, 10, 11, 12**

**.5 credit**

Healthy Choices is a required course for all High School students. This is an inclusive and comprehensive course designed to develop a sound foundation and understanding of how to practice a healthy lifestyle. Units covered within this course include: Personal Wellness, Nutritional Wellness, Mental and Emotional Wellness, Relationship Wellness, Comprehensive Human Sexuality, Violence Prevention and Substance Abuse. The Comprehensive Human Sexuality Unit will include lessons on Understanding Sexuality and Gender, Reproductive Systems and Conception, Abstinence and Birth Control, Sexually Transmitted Infections, and Teen Pregnancy. The Adams 12 Health Curriculum follows the state's academic standards for health, as well as current Colorado law, which requires that comprehensive health education is evidence-based, medically accurate, age-appropriate and culturally sensitive.

**If you wish to exclude your student from any part or all of the in-class instruction of the High School Health Units listed above, you may do so using the district's opt-out form included in District Policy 6220 and the class syllabus. Students who opt out of any of the Health curriculum will be given alternative assignments to complete during the instructional time they miss for the excluded lessons/unit(s).**

### **LIFETIME FITNESS - 4330**

**9,10,11,12**

**.5 credit**

This course will increase a student's knowledge and application of overall fitness. Students will be physically active everyday by incorporating cardiovascular endurance, resistance/circuit training, and flexibility into classes. Students will gain an understanding of the importance of lifelong physical fitness. Students will have the opportunity to learn and implement a variety of physical activities with the goal being able to apply positive fitness habits outside of the classroom.

### **RACKET SPORTS - 4200**

**9,10,11,12**

**.5 credit**

This course provides students with knowledge, experience, and an opportunity to develop skills in more than one individual or dual sport (such as tennis, pickle ball, badminton, and other racket games). The primary objective is to develop continued interest in the games. Instruction includes proper techniques, rules, strategies, safety, proper care and selection of equipment and related terminology.

## **RECREATIONAL SPORTS – 4210 ONLY 12th**

**12 .5 credit**

This course is designed to teach and engage students in the popular leisure activities that may include: shuffleboard, archery, table tennis, frisbee golf, corn hole (one quarter) and bowling (one quarter) along with others. This course will provide an overall knowledge of basic skills, strategies, rules, fundamentals as well as discussion of health and fitness benefits for lifetime recreation.

**There is a \$100 FEE for this class and is only offered to SENIORS.**

## **TEAM SPORTS I - 4150**

**9,10,11,12 .5 credit**

This course provides students with knowledge, experience, and an opportunity to develop skills in more than one team sport. This course focuses on the development of skills, rules, strategies, safety, game etiquette and related terminology for floor hockey, indoor/outdoor soccer, speedball, team handball, ultimate Frisbee, flag football and additional team activities/games. This course cannot be repeated for elective credit.

## **TEAM SPORTS II - 4151**

**9,10,11,12 .5 credit**

This course provides students with knowledge, experience, and an opportunity to develop skills in more than one team sport. This course focuses on the development of skills, rules, strategies, safety, game etiquette and related terminology for softball, basketball, volleyball, flickerball, rugby, and additional team activities/games. This course cannot be repeated for elective credit.

## **WEIGHT TRAINING I – 4290**

**9,10,11,12 .5 credit**

This course is for the student who has a strong interest in developing muscle mass and lean muscle mass, speed, and power. This course helps students develop basic knowledge and skills with free weights and universal machine weights, while emphasizing safety, lifting form, and posture. This course includes an emphasis on basic anatomy and physiology, instruction in the fundamental principles of weight training, and implementing a personalized weight training program.

## **WEIGHT TRAINING II – 4295**

**10, 11, 12 .5 credit**

This course is an extension of Weight Training I. It is for the student who has a strong interest in developing muscle mass and lean muscle mass, speed, and power. This course helps students develop a deeper knowledge and skills with free weights and universal machines while emphasizing safety, lifting form, and posture. It will include the other components such as anatomy, nutrition, and Olympic lifting. Students will also learn to create and implement a personalized fitness program utilizing appropriate training principles. All students must have completed the prerequisite prior to registering for this class. Students cannot be enrolled in the prerequisite Weight Training I simultaneously with this class.

**PREREQUISITE:** Weight Training I

## **POSITIVE PE – 4010**

**10, 11, 12 .5 credit**

This course will integrate students with special needs (athletes) and general ed peers (coaches) in a cooperative, positive and enthusiastic learning environment. All students will explore the components of physical fitness through a variety of interactive physical activities. Coaches will learn skills, techniques, and concepts covered in class alongside the athletes. Positive PE coaches will be paired with an athlete to assist with motivation, role-modeling and demonstrate positive interaction in an integrated learning environment. Coaches will also ensure that the athletes are involved and provide constant reinforcement to all appropriate behavior. This physical education atmosphere will develop positive social relationships between coaches and athletes. This course will focus on improving students' fitness levels by participating in lifelong exercises and activities.

**PREREQUISITE:** Application is required at the time of registration. Applications can be obtained in the Counseling center.