

PHYSICAL EDUCATION AND HEALTH COURSES

PROMOTING EMOTIONAL, PHYSICAL, MENTAL AND SOCIAL HEALTH AND WELLNESS

COURSE REQUIREMENTS

CLASS OF 2028, 2029 and Class of 2030 (5 Total Credits)

0901 – Wellness I
0903 – Fitness for Life
0926 – Wellness II
2 Additional PE Credits

CLASS OF 2027 (7 Total Credits)

0901 – Wellness I
0903 – Fitness for Life
0926 – Wellness II
0927, 0928 or 0929 – Safety Education
3 Additional PE Credits

0901 Wellness I

Grade 9
Prerequisite: None

Participation in Wellness I will focus on achieving wellness through identification and development of behaviors that promote physical and social health. Brain development, nutrition, fitness, prevention of communicable disease, family and social relationships will be covered. **THIS COURSE INCLUDES HIV/AIDS, AND HUMAN REPRODUCTION AND SEXUALLY TRANSMITTED INFECTIONS WHICH ARE PART OF THE CURRICULUM.** Students will be given the skills necessary to promote a positive healthy lifestyle for themselves and others. **Successful completion of this class is required for graduation.** This class must be taken in ninth grade.

0903 Fitness for Life

Grade 9
Prerequisite: None

This course is an activity course in physical education. It will include a variety of individual and team sports with emphasis on fitness development and teamwork.

Fall activities Team handball, introduction to strength training, soccer, flag football, volleyball, and basketball

Winter activities include basketball, volleyball, team handball, floor hockey, indoor soccer, and badminton.

Spring activities include softball, volleyball, ultimate Frisbee, disc golf, indoor soccer, and team handball.

0905 Freshman Team Activity

Grade 9
Prerequisite: None

This class will include a variety of individual and team sports with the emphasis on fitness development and teamwork. This is a physical education class for freshman only that does satisfy one of the high school's phy-ed requirements.

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COURSES FIRST OFFERED TO STUDENTS IN GRADE 10

0926 Wellness II

Grades 10

Prerequisite: Issues in Wellness I

This course will focus on the development of wellness. Students will study such topics as physical and social health, stress, mental health, drug abuse prevention, the completion of the life cycle, non-communicable disease, and consumer health. Students will be given the skills necessary to promote a positive healthy lifestyle for themselves and others. **NOTE: Successful completion of this class is required for graduation.**

0927 Safety Education Fall

Grades 9, 10, 11, 12

0928 Safety Education Winter

Prerequisite: None

0929 Safety Education Spring

This course will cover driver education, accident prevention, and modern automobile safety procedures. The final three weeks of the course will provide students with CPR instruction. Students must enroll in a specific course number according to birth dates as follows: *Upon successful completion of the course, students meeting the attendance requirement will receive a 30-hour completion letter for the purpose of taking the written permit exam. ISD 196 will no longer be offering behind the wheel training through the schools.*

- All 10th graders enroll in 0927.
- 9th grade students reaching the age of 15 on or before January 15 enroll in course number 0928.
- 9th grade students reaching the age of 15 after January 15 enroll in course number 0929.

NOTE: Ninth grade students may elect Safety Education 0928 or 0929, depending on their date of birth.

0931 Racquet Sports

Grades 10, 11, 12

Prerequisite: None

This course will promote fitness through instruction in the lifelong activities of table tennis, badminton, pickleball and tennis. Individual and team tournaments will be included.

0932 Fall Team Activities

Grades 10, 11, 12

Prerequisite: None

This activities course will emphasize physical fitness through participation in team sports. Units included will be: football, soccer, team handball, ultimate Frisbee, and dodgeball. Protective eyewear must be furnished by the student.

0933 Winter Team Activities

Grades 10, 11, 12

Prerequisite: None

This activities course will emphasize physical fitness through participation in team sports. Units included in the course will be: floor hockey, team handball and basketball. Protective eyewear must be furnished by the student.

0934 Spring Team Activities

Grades 10, 11, 12

Prerequisite: None

This activities course will emphasize physical fitness through participation in team sports. Units included in the course will be: team handball, disc golf, lacrosse, ultimate frisbee and softball. Protective eyewear must be furnished by the student.

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0935 Lifetime Sports

Grades 10, 11, 12
Prerequisite: None

This course will offer skills instruction in disc golf, badminton, backyard games and bowling. There will be a suggested donation of \$90 for the bowling field trips which are included in the course.

0936 Racquet Sports II

Grades 10, 11, 12
Prerequisite: 0931 Racquet Sports

Racquet Sports II will promote life long activity and will provide an opportunity for students to understand, practice and apply the advanced skills and strategies in the various sports such as tennis, badminton, pickle ball, table tennis as played by National and International teams.

0940 First Aid/CPR: Prevention and Care of Injuries

Grades 10, 11, 12
Prerequisite: None

This course is designed to offer students the knowledge in injury treatment to perform basic principles of first aid training. The course will include the following topics: injuries occurring as a result of participation in athletics and activities; procedures and techniques in the prevention and care of injuries; and the first aiders role and the trainers role in the care of injuries. First Aid/CPR Certification can be obtained with completion of Red Cross requirements.

0944 Volleyball

Grades 10, 11, 12
Prerequisite: None

Volleyball will provide an opportunity for students to understand and apply the basic skills in Volleyball. It will include basic skills, rules of the game, strategies and tournament play.

0948 Practical Self Defense

Grades 10, 11, 12
Prerequisite: None

This course will provide basic instruction in practical self defense such as: defense maneuvers, personal safety, legal issues, conditioning, coordination and self-confidence. This course is designed for students with little or no self-defense experience.

0949 Stress Management

Grades 10, 11, 12
Prerequisite: None

This class is designed to provide a detailed study of individual stressors, the stress response, and stress management skills. The class includes identifying individual differences to evaluate stress, responding to stress and developing appropriate stress management skills to deal with stress in a healthy manner.

0950 Sports Officiating

Grades 10, 11, 12
Prerequisite: None

Become a referee! This course will train individuals to be a referee for a variety of youth and high school sports providing them opportunities for hire. The sports that students will train to officiate will include: Football, Basketball, Baseball, Soccer and Volleyball.

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0951 Walk Fit

Grades 10, 11, 12
Prerequisite: None

Walking for Fitness is a trimester-long physical education course designed to help students develop lifelong habits for health and wellness through one of the simplest and most effective forms of exercise — walking! Students will explore different types of walking workouts, including brisk walking, interval walking, and distance walking (hiking), while learning how to monitor heart rate, pace, and step count. The class emphasizes goal setting, fitness tracking, and understanding the benefits of regular physical activity on both physical and mental health.

In addition to daily walks, students will participate in geocaching, stretching, light strength activities, hydration, and personal goal setting. By the end of the course, students will be able to design their own walking program tailored to their individual fitness levels and interests.

0960 Volleyball II

Grades 11, 12
Prerequisite: Volleyball, 0944

This class will provide an opportunity for students to apply advanced skills in volleyball. It will include power skills, advanced offensive and defensive strategies, coaching techniques, game preparation, and knowledge of rules for officiating.

0961 Advanced Basketball

Grades 11, 12
Prerequisite: None

This course will provide an opportunity for students to apply advanced skills in basketball. It will include fundamental skills, advanced offensive and defensive strategies, and skill challenges. It will explore innovative levels of diversified games. Students will be given the experience necessary to use basketball as a lifetime activity. This course is open to students of all skill levels.

0962 Soccer I

Grades 10, 11, 12
Prerequisite: None

This course will provide the unique opportunity for students to participate in one of the fastest growing lifetime activities. Experience the excitement of Indoor Soccer. This class will include fundamental skill review, advanced offensive and defensive strategies, coaching techniques and game preparation. Tournament and league play will be utilized. This course is open to students of all skill levels.

0963 Soccer II

Grades 11, 12
Prerequisites: 0962 Soccer I

This course will provide students with an understanding of the rules of soccer, advanced skill development, offer game play and use of team strategy, and knowledge of the rules for officiating. This course is open to students who have successfully completed 0962 Soccer I.

0964 Strength Training I

Grades 10, 11, 12
Prerequisite: None

This introductory course will introduce students to all aspects of strength training and conditioning. Emphasis will be on safety, basic lifting techniques, and the concept of total fitness training. Note: This course is a prerequisite to all other strength training courses.

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0965 Strength Training II

Grades 11, 12
Prerequisite: 0964 Strength Training I/ES4

This intermediate strength training course will utilize all types of training apparatus to introduce students to the "systems" approach to weight training. Students will begin to learn how to design an effective training program.

0970 Aerobics I

Grades 10, 11, 12
Prerequisite: None

This course is a beginning level class designed to teach the basics of aerobics and to motivate students to change their personal fitness levels. A variety of low impact activities will be used to strengthen muscles and increase cardiovascular level. Activities will include low impact aerobics, power walking, conditioning, yoga and pilates.

0971 Aerobics II

Grades 10, 11, 12
Prerequisite: None

This course will focus on increasing fitness levels by using step aerobics, muscle conditioning and weight training. The class activities will increase your aerobic capacity, muscle strength and cardiovascular fitness.

0976 Yoga

Grades 10, 11, 12
Prerequisite: None

This course introduces students to the principles and practices of yoga and mindfulness, with an emphasis on improving both physical and mental well-being. Students will explore various styles of yoga, focusing on postures, breathwork, and relaxation techniques to enhance flexibility, strength, and overall health. In addition to the physical aspects of yoga, the course will also delve into mindfulness practices that promote focus, self-awareness, and stress management.

0974 Unified Physical Education

Grades 10, 11, 12
Prerequisite: None

This combined General Education and Adapted Physical Education class will allow students to improve performance of self and others in recreational and fitness activities. This class is an opportunity to join people with and without disabilities in the same class. This class is inspired by a simple principle: playing together is a quick path to friendship and understanding. Students will have the opportunity to participate in and make modifications for themselves and others. **Students may take this course one time for PE credit and additional times for general elective credit.**

0975 Strength Training for Women

Grades 10, 11, 12
Prerequisite: None

This course will use various skills and instruction for physical conditioning for women. In this course students will use proper stretching techniques, plyometrics, free weights and other equipment in which to train and condition. Emphasis will be on safety, proper training methods and the concepts of overall fitness training.

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0967 S.P.A.R.Q. Fall – Speed, Power, Agility, Reaction and Quickness

Grade 10, 11, 12

0968 S.P.A.R.Q. Winter - Speed, Power, Agility, Reaction and Quickness

Prerequisite: None

0969 S.P.A.R.Q. Spring - Speed, Power, Agility, Reaction and Quickness

SPARQ (Speed, Power, Agility, Reaction, Quickness) is a zero-hour to first-hour class that meets three times a week. It's designed for any student athletes and non-athletes who want to push their fitness to the next level. Students will build strength, speed, and agility, as they will be trained in many different styles to develop well-rounded athleticism. This class offers in-depth training and a chance to grow in all areas of speed, power, agility, and quickness.

0977 Advanced Power Volleyball (AP Volleyball)

Grade 11, 12

Prerequisite: Volleyball II, 0960

Advanced Power Volleyball focuses on advanced skills, strategies, and fast-paced gameplay. Students will refine techniques, strengthen teamwork, and apply offensive and defensive systems in competitive match play.

0978 Advanced Power Basketball (AP Basketball)

Grade 11, 12

Prerequisite: Advanced Basketball, 0961

This course will provide an opportunity for students to apply advanced skills in basketball. It will include fundamental skills, advanced offensive and defensive strategies, skill challenges, and diversified competitive games. Students will be given the experience necessary to use basketball as a lifetime activity. This course is open to students who have successfully completed 0961 Advanced Basketball.

0979 Olympic Weightlifting

Grade 10, 11, 12

Prerequisite: None

This course introduces students to the fundamentals of Olympic weightlifting, focusing on the two competitive lifts: the snatch and the clean & jerk. Designed for all experience levels, the class emphasizes proper technique, safety, mobility, and strength development.

0980 Flag Football

Grade 10, 11, 12

Prerequisite: None

Flag Football is an elective physical education course at Eagan High School designed to introduce students to the fundamentals of flag football using the official rules established by the National Federation of State High School (NFHS). Students will develop individual and team skills including passing, receiving, flag pulling, route running, and basic offensive and defensive strategies. The course also incorporates agility drills, cardiovascular fitness, and conditioning to support overall physical development. Students will learn the rules of the game, participate in structured practices and game play, and explore concepts such as leadership, communication, and fair competition.