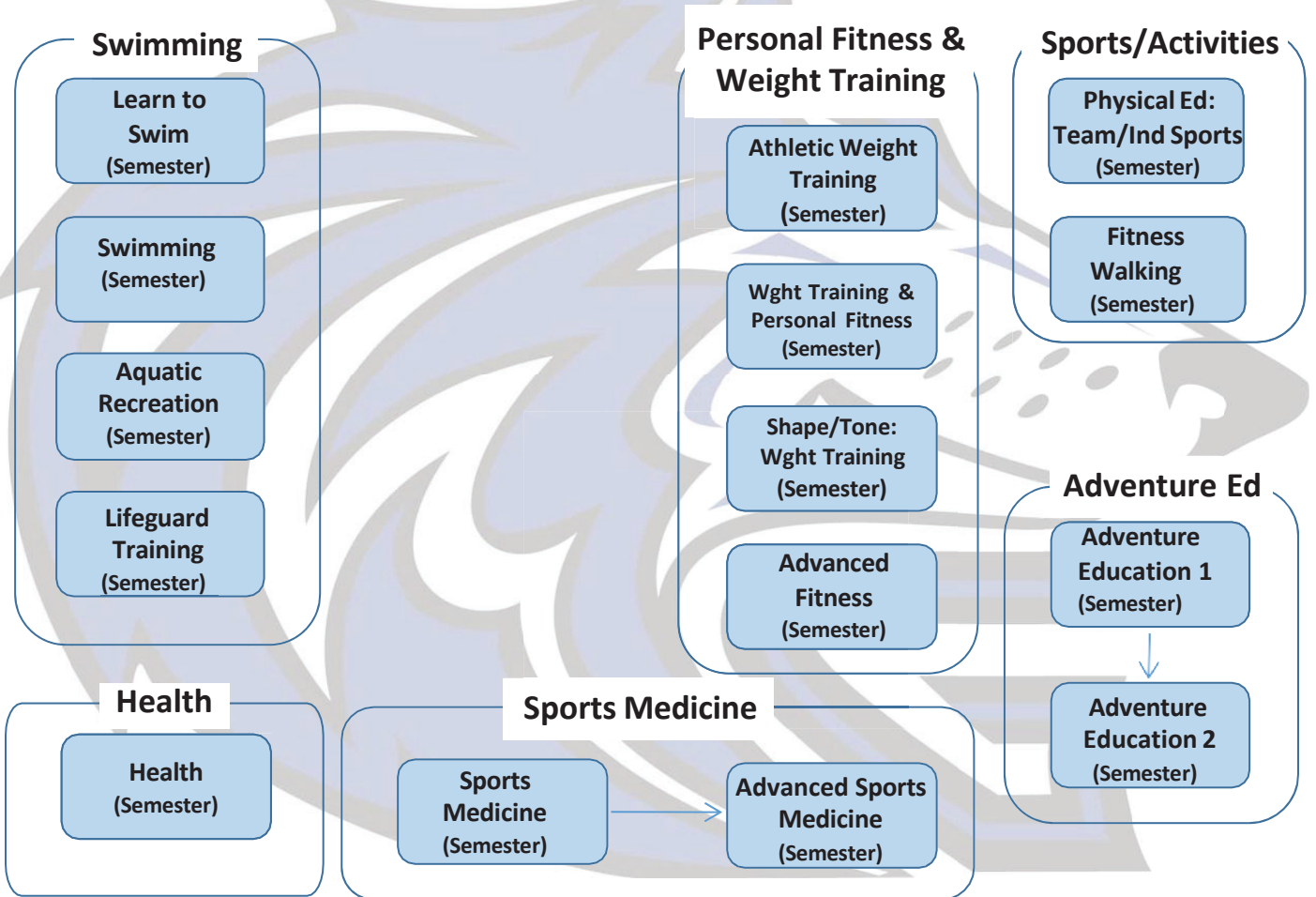


PHYSICAL EDUCATION



Physical Education Course Descriptions

A healthy body promotes a healthy mind. At Grandview High School, we believe in preparing our students to lead a healthy lifestyle, both mentally and physically. Our physical education curriculum emphasizes fitness and how to achieve physical wellness in many ways. Students have a range of activities from which to choose. They are required to take three semesters (1 1/2 credits) of physical education and one semester (1/2 credit) of health education. They may fulfill the physical education requirement with the classes of their choice. All students are required to dress out in proper physical education attire. All classes will administer fitness assessments.

ADVANCED FITNESS

Grade Level: 10 – 12

Semester: 0.5 Credit

Prerequisites: None

Advanced fitness seeks to improve the experienced lifter through building strength (objects and body weight), flexibility, VO2 max, and balance for navigating the physical world and the objects in it. We will do this by replicating and practicing movements necessary in the real world that may include: squatting, pulling, pushing, bending, climbing, walking, running, swimming, and whatever else life may put in your path. There will be beginner, intermediate, and advanced options everyday depending upon your ability level for any given movement. This class will help prepare you for any sport or activity you may already be in and look to learn and improve!

ADVENTURE EDUCATION 1 - PE, RECREATIONAL GAMES & INDOOR ROCK CLIMBING

Grade Level: 9 – 12

Semester: 0.5 Credit

Prerequisites: None

Fee: \$20.00

This course is a general PE class that focuses on lifelong physical fitness activities. It will incorporate Individual Sports and Games, Physical Fitness Activities and Indoor Rock Climbing. The students will work on goal setting and work on developing a higher level of self- confidence. The main unit of the semester helps students learn how to safely participate in an indoor rock climbing gym. They will learn how to properly use the equipment and have fun in a climbing setting. The class fee goes to replace climbing equipment such as ropes, carabiners, belay devices, etc. *INSURANCE WAIVERS FOR THE GRANDVIEW HIGH SCHOOL ADVENTURE CLASSES ARE REQUIRED FOR THIS CLASS.*

ADVENTURE EDUCATION 2 – OUTDOOR EDUCATION

Grade Level: 10 – 12

Semester: 0.5 Credit

Prerequisites: Adventure Education 1

Fee: \$75.00

The class gives students the chance to build upon what they have learned in Adventure Education 1. They will learn about more advanced rock climbing skills and methods, and they will participate in a whitewater safety and kayaking unit. These two activities are the main focus, but there will also be other Outdoor Activities covered. The class fee goes towards kayak rental and roll classes from Confluence Kayaks. *INSURANCE WAIVERS FOR THE GRANDVIEW HIGH SCHOOL ADVENTURE CLASSES ARE REQUIRED FOR THIS COURSE.*

AQUATIC RECREATION

Grade Level: 9 – 12

Semester: 0.5 Credit

Prerequisites: None

Students must know how to swim to be successful in this class. This class begins with a review of fundamental swimming and diving techniques. Then the class will progress toward a wide variety of water activities including water polo, water basketball, water volleyball, aquatic fitness and other water activities. Students will learn community water activities with an emphasis on fun, safety and lifelong water fitness. Students are required to provide their own approved appropriate swimwear.

ATHLETIC WEIGHT TRAINING

Grade Level: 10 – 12

Semester: 0.5 Credit

Prerequisites: Weight Training 1 and/or coaches recommendation

This class is designed for current GHS athletes to enhance overall athleticism and athletic performance. This is an advanced course and will provide the student with an intensive workout designed to teach methods and sport-specific lifts to increase speed, power, strength, and explosion. Emphasis on Olympic lifts, plyometrics, and core stabilization exercises will be included. Flexibility, nutrition, and muscle awareness will be incorporated. Aerobic and anaerobic activities will also be incorporated.

BODY WORKS: HIP HOP DANCE**Grade Level: 9 – 12****Semester: 0.5 Credit****Prerequisites: None**

This is a hip hop dance class that focus on the foundations of Hip Hop culture. This course provides the opportunity to learn the techniques of locking, popping, house, and b-boy. Students will learn conditioning, foundation, history, composition and choreography, as well as freestyle skills. This class may be taken more than once.

DANCE 1**Grade Level: 9 – 12****Semester: 0.5 Credit****Prerequisites: None**

This course is a great way to get in shape through the art of dance. Students will explore the different styles of dance, techniques, improvisation and composition skills. This class may be taken more than once.

DANCE 2**Grade Level: 9 – 12****Semester: 0.5 Credit****Prerequisites: Dance experience required.**

The course provides the opportunity to dance and work on choreography in all styles of dance. Students will explore the different styles of dance, Level 2 dance techniques and improvisation skills. This class may be taken more than once.

FITNESS WALKING**Grade Level: 9 – 12****Semester: 0.5 Credit****Prerequisites: None**

This class is for students who are starting at a novice fitness level. This curriculum will guide students into feeling better, looking better and progressing into shape at a recommended pace designed for their level. Alternative indoor activities will be used during difficult weather months. Now is the time to take the physical challenge to get your body and your mind into great shape.

HEALTH**Grade Level: 10 – 12****Semester: 0.5 Credit****Prerequisites: None**

This course focuses on the mental, physical, social, and emotional well-being of the students. Students will have the opportunity to learn about and discuss many life health issues. Some of these include stress management, nutrition and fitness, cardiovascular disease and cancer, mental and emotional disorders, human relationships, and substance abuse. In this course, students are urged to be responsible for their own lives and personal wellness. The focus of our program is to promote health in a constantly changing world through the acquisition of attitudes, skills, and understanding. We believe in and advocate abstinence from chemicals, sexual activity, and other health compromising behaviors that teens may encounter. This course fulfills the district health education graduation requirement.

LEARN TO SWIM**Grade Level: 9 – 12****Semester: 0.5 Credit****Prerequisites: None**

This class is for first time swimmers who have anxiety or discomfort in water. A foundation of basic balance and movement skills will be developed through a series of fundamental water exercises. The goal is for the student swimmer to become comfortable and controlled in both shallow and deep water. The fundamental skills learned in this course will provide a foundation for learning stroke technique, such as freestyle and breaststroke. Students are required to provide their own approved appropriate swimwear.

LIFEGUARD TRAINING**Grade Level: 9 – 12****Semester: 0.5 Credit**

Prerequisites: 15 years old by end of the course. Must be able to complete Red Cross Pre-Tests: 300 yard swim; tread water for 2 minutes with their legs; swim 20 yards to retrieve a 10lb brick then kick back to start with the brick on their chest in 1 min. and 40 sec. Fee: \$95.00

The lifeguard training course provides students with the knowledge and skills to prevent, recognize and respond to aquatic emergencies and to provide care for breathing and cardiac emergencies injuries and sudden illnesses until EMS personnel take over. The lifeguard class includes comprehensive training in-water rescues, CPR/AED for the Professional Rescuer and first-aid skills. Students will have the opportunity to demonstrate skills throughout the course in order to obtain an American Red Cross Lifeguard Certification. Students will need advanced swim fitness and comfortability with deep submersion for the lifeguard skill requirements. The fee for this class covers the textbook, lifeguard pack, pocket mask and upon completing all Red Cross skills assessments, a certification good for two years. Students must be 15 years of age by the end of this course to obtain the certification.

PHYSICAL EDUCATION: TEAM & INDIVIDUAL SPORTS **Grade Level: 9 – 12** **Semester: 0.5 Credit**
Prerequisites: None

This class offers a variety of competitive and recreational activities involving team play. Students will learn skills, strategies, and rules of the activities, and at the same time, work on their interpersonal relationships in a cooperative environment. The daily routine will include a component of fitness followed by a team activity such as volleyball, basketball, flag football, soccer, team handball, ultimate frisbee, softball, floor hockey, and/or individual sports, such as tennis, badminton, pickle ball, and others at the discretion of the instructor.

SHAPE & TONE THROUGH WEIGHT TRAINING **Grade Level: 9 – 12** **Semester: 0.5 Credit**
Prerequisites: None

Designed for the person who wants to learn beginning weight training and how to utilize machines and weights. You can expect to use a variety of different equipment such as weights, bands, exercise balls, and other tools to get stronger and more toned. This class will build endurance and develop coordination, balance, and confidence in a gym-like atmosphere.

SPORTS MEDICINE: CPR, AED & FIRST AID CERTIFICATION **Grade Level: 9 – 12** **Semester: 0.5 Credit**
Prerequisites: Interest in emergency medicine
Fee: \$50.00

This course will help students understand the importance of prevention, care, and rehabilitation of sports injuries. Students will receive instruction to become certified in standard First Aid and CPR through the American Red Cross. Students will demonstrate the proper techniques of taping, wrapping, bandaging, and handling emergency care situations. The fee will be necessary to purchase the equipment for CPR certification skills testing.

ADVANCED SPORTS MEDICINE **Grade Level: 10 – 12** **Semester: 0.5 Credit**
Prerequisites: Sports Medicine and Teacher Recommendation
Fee: \$25.00

This course is for students who are interested in a career in medicine as a certified athletic trainer, paramedic, nurse, or physician. This class is an advanced class dealing with the evaluation, treatment, and rehabilitation of sports injuries. Students will learn basic anatomy and physiology and apply this toward athletic injuries. Continued practice of taping, wrapping, and bandaging as necessary for proficiency. Students must successfully complete Sports Medicine and a teacher recommendation is required. Students will become student athletic trainers for our sports teams during their semester enrollment. The fee is used to cover the cost of supplies for practice.

SWIMMING **Grade Level: 9 – 12** **Semester: 0.5 Credit**
Prerequisites: None

This class is designed for the intermediate swimmer. Emphasis will be placed on stroke development, refinement, and safety while swimming. As student skills progress, they will participate in water activities, basic diving and pursue individual fitness. Students are required to provide their own swimwear and goggles for this course.

WEIGHT TRAINING & PERSONAL FITNESS **Grade Level: 9 – 12** **Semester: 0.5 Credit**
Prerequisites: None

This introductory course is designed to teach various weightlifting techniques with an emphasis in form, safety and spotting. Students will be exposed to various aspects of lifting programs and techniques from shape and tone to power and strength training. Each class will also cover a cardiovascular component each day. Students will also learn about basic nutrition, anatomy and physiology.

UNIFIED PE PARTNER **Grade Level: 11 – 12** **Semester: 0.5 Credit**
Prerequisites: None

Unified PE Partners support ILC students in the Unified PE class throughout their PE experience. Activities include swimming, team sports, individual sports and fitness training.