

HEALTH, PHYSICAL EDUCATION AND RECREATION (HPER)

Course Title	Career Paths*	Year	Credit	Recommended Pre-requisite
Health and Wellness	1, 3, 4	9	1/2	Required course for graduation
Body Works	1, 3, 4	9,10,11,12	1/2	Health and Wellness
Life Fitness	1, 3, 4	9,10,11,12	1/2	
Performance Fitness	1, 3, 4	9,10,11,12	1/2	Entrance Rubric
Sports for Life-Black	1, 3, 4	9,10,11,12	1/2	
Sports for Life-Gold	1, 3, 4	9,10,11,12	1/2	

Career Paths are:

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| 1. Arts and Communications | 4. Human Services |
| 2. Business Management and Technology | 5. Industrial and Engineering Technology |
| 3. Health Services | 6. Natural Resources/Agriculture |

Students are required to provide appropriate work out attire and shoes (tennis shoes).

HEALTH AND WELLNESS - This required graduation course will have classroom lessons and activities that include, but are not limited to: health topics such as personal fitness, nutrition, stress management, communicable diseases, drugs and alcohol, disease prevention, goal setting, cardio-respiratory endurance, and health-related/skill-related fitness components. In addition to the classroom units, this course will also offer activity labs that will be related to the current health unit of study. Students are required to provide a 3-ring binder, notebook paper, and writing utensils.

BODY WORKS - (*Pre-requisite: Health and Wellness*) This course will introduce students to cardiovascular workouts such as aerobics, walking/jogging, circuit training, and other aerobic activities. Students will not only take part in the various workouts, but will receive information that promotes a healthy lifestyle and personal well-being. Topics covered in this course include healthy eating, teamwork fundamentals, calculating target heart rate, health risk factors, components of an aerobic workout, strength training ideas, self-defense, assault/rape prevention, relaxation techniques, and stress reduction. Students are required to provide a 3-ring binder, notebook paper, and writing utensils.

LIFE FITNESS - Life fitness is designed for the person who wants to lift weights for toning and sculpting purposes. The class is designed around health club style lifts, so that the person taking this class can tone and sculpt his/her body safely. Students also learn basic warm-up and stretching routines. Lectures and discussions based on health and fitness topics are also part of this course.

PERFORMANCE FITNESS - (*Pre-requisite: Entrance Rubric*) Due to the nature of this course and the physical demands required, it will be taken only when students have met the requirements outlined in the entrance rubric. Performance fitness is an extremely demanding course that is designed for the person who wants to lift weights in order to better his/her physical performance. The class is designed around Olympic style lifts that develop explosive power. The course will also incorporate various skill-related activities such as agility ladders, low hurdles, and jump rope routines. Lectures and discussions based on health and fitness topics are also part of this course.

SPORTS FOR LIFE-BLACK - This course will teach fitness and recreational activities that will have life long value. Students will receive instruction and practice time in various individual, dual and team sports with the emphasis being placed on participation and improvement. Students will learn about and be graded on the history, rules, skills, strategy, and officiating of various sports that may include: tennis, badminton, basketball, soccer, softball, golf, volleyball, fitness activities, various field and court games. In addition to the traditional based activities students will also be given opportunities to gain knowledge of various outdoor activities, such as ropes course, hiking, and orienteering as well as plant identification. Fees may be assessed per field trip.

SPORTS FOR LIFE-GOLD - This course will teach fitness and recreational activities that will have life-long value. Students will receive instruction and practice time in various individual, dual, and team sports with the emphasis being placed on participation and improvement. Students will learn about and be graded on the history, rules, skills, strategy, and officiating of various sports that may include: tennis, badminton, basketball, volleyball, soccer, softball, bowling, rollerblading, flag football, and pickle-ball. Students are required to provide an estimated \$20 fee for bowling/rollerblading unit.