

HEALTH / PHYSICAL EDUCATION / RECREATION

◆ONE (1) CREDIT REQUIRED FOR GRADUATION.

◆Course offerings not having sufficient enrollment after registration will be discontinued for the 2018-2019 school year.

◆Physical Education classes are limited to one per semester.

◆Physical Education classes may be taken more than once for credit.

Cardio-Fitness and Wellness (9-10-11-12)

One Semester – 1/2 Credit

► **Students may need to provide their own transportation for activities off campus – CENTRAL ONLY.**

The main emphasis of this class will be to improve cardiovascular endurance. The secondary emphasis will be placed on muscular endurance, muscular strength, flexibility, coordination, agility, speed, and balance. Instruction will include workouts such as running, circuit training, plyometrics, step aerobics, kick boxing, toning, weight lifting, and flexibility training. **Physical fitness testing will be required throughout the semester.** Also during the semester, health instruction will be presented and students will be required to complete course work related to those health issues.

Team/Lifetime Activities and Life Choices (10-11-12) (Stevens HS only)

One Semester – 1/2 Credit

(9-10-11-12) Central and Rapid City HS only)

► **Students are required to provide their own transportation for activities off campus.**

Students will experience a variety of coed activities to develop strength, speed, agility, balance, coordination, flexibility, muscular endurance, cognitive thinking skills, and strategies and rules of various games. Students will be taught activities that can be used for a lifetime. Emphasis will be placed on teaching the basic skills, strategies, and the rules governing each of the activities. Students will be expected to perform the basic skills used in each activity and pass a written test on rules and regulations. **Physical fitness testing will be required throughout the semester.** Also during the semester, health instruction will be presented and students will be required to complete course work related to those health issues.

Weight Training and Personal Health (9-10-11-12)

One Semester – 1/2 Credit

The main emphasis of this class will be for the development of strength, power, and muscle endurance. The secondary emphasis will be placed on the cardiovascular system. Students will be taught the proper techniques in using machines and free weights, spotting procedures, and a variety of weight training workouts. Cardiovascular circuits may include jump ropes, running, plyometrics, balance discs, medicine balls, and stability balls. **Physical fitness testing will be required throughout the semester.** During the semester, health instruction will be presented and students will be required to complete course work related to those health issues.

Advanced Weight Training and Personal Health (10-11-12)

One Semester – 1/2 Credit

► ***Completion of Weight Training is recommended for success in this course.***

The main emphasis of this class will be for the development of strength, power, and muscle endurance. Secondary emphasis is placed on the cardiovascular system. Students will learn advanced weight lifting techniques and will train at a high level of intensity. Instruction will include guidance in the preparation of individualized programs, while in a structured, supervised environment. Cardiovascular circuits may include jump ropes, running, plyometrics, balance discs, medicine balls, and stability balls. **Physical fitness testing will be required throughout the semester.** Also during the semester, health instruction will be presented and students will be required to complete course work related to those health issues.

9th Grade Physical Education and Healthy Choices (Stevens only)

One Semester – 1/2 Credit

Students will experience a variety of coed activities to develop strength, speed, agility, balance, coordination, flexibility, endurance, cognitive thinking skills, and strategies and rules of various games. Students will be taught activities that can be used for a lifetime. Emphasis will be placed on teaching the basic skills, strategies, and the rules governing each of the activities. Students will be expected to perform the basic skills used in each activity and pass a written test on rules and regulations. **Physical fitness testing will be required throughout the semester.** Also during the semester, health instruction will be presented and students will be required to complete course work related to those health issues.