

Health/Physical Education

Course Name	Credits	Grade Levels	Prerequisites
Jack C. Hays High School Cheerleaders	1	9-12	Selection by Tryouts and Judging
Lehman High School Cheerleaders	1	9-12	Selection by Tryouts and Judging
Johnson High School Cheerleaders	1	9-12	Selection by Tryouts and Judging
Jack C. Hays High School Drill Team	1	9-12	Selection by Tryouts and Judging
Lehman High Drill Team	1	9-12	Selection by Tryouts and Judging
Johnson High School Drill Team	1	9-12	Selection by Tryouts and Judging
Health Education	.5	9-12	None
Foundations of Personal Fitness	.5-1	9-12	None
Aerobic Activity	.5-1	9-12	None
Team Sports	.5-1	9-12	None (same credit Individual Sports)
Individual Sports	.5-1	9-12	None (same credit as Team Sports)
Sports Medicine I	1	10-12	Approval Required by Instructor
Sports Medicine II	1	10-12	Approval Required by Instructor

Each student must complete a yearly fitness assessment identified as FITNESSGRAM. All information regarding this assessment is available on www.fitnessgram.net.

Jack C. Hays High School Cheerleaders
 Lehman High School Cheerleaders
 Johnson High School Cheerleaders

Course Number:

P801.MY-1st year in Cheer

P802.MY-2nd year in Cheer

P803.MY-3rd year in Cheer

P804.MY-4th year in Cheer

Grade Placement: 9-12

Prerequisite: Selection by Tryouts and Judging

Credit: 1

PEIMS#: PES00013, PES00052, PES00055, PES00054

This course is designed for the cheerleading squad. Students will learn and practice cheerleading skills and stunts for athletics events and training in various areas of rhythms, gymnastics, and tumbling. Cheerleaders are selected for either the freshmen (future 9th graders) squad, the junior varsity (future 10th and 11th graders) squad, or the varsity squad. Extensive out of school time is required. This course provides PE credit. *Students cannot be in an athletic and a cheer period as it violates UIL eligibility for athletes.* An athletic physical is required to participate. All athletic physical exams are to be dated after May 1, 2019 to be accepted for the 2019-20 season. There will be districtwide cheer tryouts. Take to your counselor about tryouts in early spring of 2019.

Cheerleading is not counted in GPA or rank. Students earn PE credit after the first year of PE substitution. Although they earn PE credit (Foundations of Fitness, Individual/Team Sports and Aerobics), these are still not

calculated into GPA or rank.

DANCE

If a student uses Dance as one PE credit, then they cannot also use that course for their Fine Arts Credit. Students should see their counselors if they have questions about PE Dance and FA Dance. Dance is also listed under Fine Arts: Dance and Color Guard. If students are part of the drill team, they earn a PE substitute credit for one year only. For the rest of the semesters of drill team, students receive fine arts credit for dance. If Dance is used for one PE credit, it does calculate into GPA and Rank.

Drill Team

Course Number: D101.MY (9th Grade)

D201.MY (10th Grade)

D301.MY (11th Grade)

D104.MY (12th Grade)

Grade Placement: 9-12

Prerequisite: Selection by Tryouts and Judging

Credit: 1

PEIMS#: PES00014, 03830100, 03830200, 03830300, 03830400

This course is designed for the drill team. Students will acquire advanced skills in the following dance techniques: ballet, jazz, character, and modern. Students will be given the opportunity to develop self-confidence through the use of the body as an expressive instrument. Students will have the opportunity to audition, rehearse, and perform in public performances. Students will learn to appreciate dance as an art form and to utilize their kinesthetic awareness. During the first semester, students must choreograph and perform an original dance (solo or ensemble). During the second semester, students must help organize and produce a spring show. This is a collaboration of dance pieces choreographed throughout the year. Extensive out of school time is required. An athletic physical is required to participate. All athletic physical exams are to be dated after May 1, 2019 to be accepted for the 2019-20 season.

Health

Course Number: P400.MS

Grade Placement: 9-12

Prerequisite: None

Credit: .5

PEIMS#: 03810100

This course is a required course for graduation. In health education, students acquire the health information and skills necessary to become healthy adults and learn about behaviors in which they should and should not participate. To achieve that goal, students will understand the following: students should first seek guidance in the area of health from their parents; personal behaviors can increase or reduce health risks throughout the lifespan; health is influenced by a variety of factors; students can recognize and utilize health information and products; and personal/interpersonal skills are needed to promote individual, family, and community health. In Health 1, students develop skills that will make them health-literate adults. Students gain a deeper understanding of the knowledge and behaviors they use to safeguard their health, particularly pertaining to health risks. Students are taught how to access accurate information that they can use to promote health for themselves and others. Students use problem-solving, research, goal-setting and communication skills to protect their health and that of the community. *This requirement can also be fulfilled by taking SPCH 1311 for Dual Credit.*

Foundations of Personal Fitness

Course Number: P300.MS,

P300.MY

Grade Placement: 9-12

Prerequisite: None

Credit: .5-1.0

PEIMS#: PES00052

Foundations of Personal Fitness represents a new approach in physical education and the concept of personal fitness. The basic purpose of this course is to motivate students to strive for lifetime personal fitness with an emphasis on the health-related components of physical fitness. The knowledge and skills taught in this course include teaching students about the process of becoming fit as well as achieving some degree of fitness within the class. The concept of wellness, or striving to reach optimal levels of health, is the corner stone of this course and is exemplified by one of the course objectives-students designing their own personal fitness program.

Aerobic Activity

Course Number: P301.MS – 1A

P302.MS – 1B

Grade Placement: 9-12

Prerequisite: None

Credit: .5 each

PEIMS#: PES00054

This course will teach a conditioning form of dance. Exercise techniques and cardiovascular training will be explored while monitoring heart rate and other vital signs.

Team Sports

Course Number: P151.MS – 1A

P152.MS – 1B

Grade Placement: 9-12

Prerequisite: None

Credit: .5 each

PEIMS#: PES00055

This course will focus on team sports. Students will participate in volleyball, basketball, softball, and flag football. Evaluation of students is based on participation, physical performance, and written tests. **Students can take up to 1 credit of Team or (not AND) Individual Sports.**

Individual Sports

Course Number: P101.MS – 1A

P102.MS – 1B

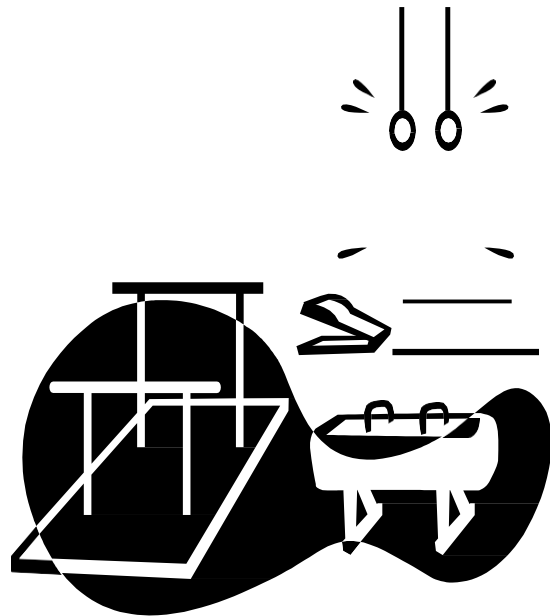
Grade Placement: 9-12

Prerequisite: None

Credit: .5 each

PEIMS#: PES00055

This course will focus on total body fitness. Techniques of weight training, aerobic conditioning, nutrition, and workout planning will be taught. **Students can take up to 1 credit of Team or (not AND) Individual Sports.**



Sports Medicine I

Course Number: Z021.MY

Grade Placement: 10-12

Prerequisite: Approval required by instructor

Credit: 1

PEIMS#: N1150040

This course provides an opportunity for the study and application of the components of sports medicine including but not limited to: sports medicine related careers, organizational and administrative considerations, prevention of athletic injuries, recognition, evaluation, and immediate care of athletic injuries, rehabilitation and management skills, taping and wrapping techniques, first aid/CPR/AED, emergency procedures, nutrition, sports psychology, human anatomy and physiology, therapeutic modalities, and therapeutic exercise. This course will involve outside-of-class time homework and time working with athletes and athletic teams. **Students cannot earn state PE credit for this course.**

Sports Medicine II

Number: Z022.MY

Grade Placement: 10-12

Prerequisite: Approval required by instructor

Credit: 1

PEIMS#: N1150041

This course provides an opportunity for the study and application of the components of sports medicine including but not limited to: sports medicine related careers, organizational and administrative considerations, prevention of athletic injuries, recognition, evaluation, and immediate care of athletic injuries, rehabilitation and management skills, taping and wrapping techniques, first aid/CPR/AED, emergency procedures, nutrition, sports psychology, human anatomy and physiology, therapeutic modalities, and therapeutic exercise. This course will involve outside-of-class time homework and time working with athletes and athletic teams. **Students cannot earn state PE credit for this course.**

Physical Education Credits

One unit of P.E. is required of all students for graduation. However, no more than four units of P.E. may be counted toward the total credits used for graduation

The following activities may be used to substitute for the one unit of required PE: drill team, marching band, cheerleading.

Up to 4 credits of Athletics and JROTC can count towards graduation. JROTC only counts for 1 PE Credit.

Off Campus Physical Education for Credit

The Texas Education Agency allows school districts to substitute regular Physical Education credit with private or commercially sponsored physical activity in either Category I or Category II. A student must complete an application for each semester that credit substitution is requested. Upon approval by the Academic Dean, one-half credit may be awarded each semester of off-campus physical activity up to 1.0 credit in high school.

Category I

Physical activity programs that lead to Olympic level participation and require a minimum 15 hours per week of professionally supervised training. Students qualifying and participating at this level may be dismissed from school for one period per day for such participation.

Examples might include: ice-skating under the instruction of a professional ice skating instructor, swimming under the instruction of a professional swim coach, or any other intensive training regimen that may result in competing for a spot on the Olympic team.

Category II

Physical activities do not involve Olympic level participation but must be certified by the superintendent to be of high quality and well-supervised and appropriately trained instructors. Student participation in this category must entail at least five hours per week and student may not be dismissed from any part of the regular school day.

Examples might include: gymnastics under the instruction of a trained coach, select soccer under the supervision of club soccer, equestrian activities under the instruction of trained teachers or other physical activities under the instruction of trained teachers.

Documentation of the following must be provided to the Academic Dean on the high school campus in order for the student to receive PE credit for the Category I or II PE Substitution:

- *The type of activity,*
- *Location of training,*
- *Number of hours spent doing the activity per week,*
- *Name and qualification of the instructor*

Off campus PE approval must go through the campus principal (or Academic Dean) and the Director of Athletics and Student Extra Curricular activities. The State of Texas makes the final approval for off campus PE credit. Students should contact their counselor for an application. Failure to complete an application each year will result in a student not receiving PE credit.