

PHYSICAL EDUCATION AND HEALTH EDUCATION

Subject	Course Numbers	Units per course	Grade level offered				Prerequisites and Related Information
			9	10	11	12	
Lifetime Fitness Education	234111	0.5	X				Required for all 9 th graders
Health Education I	140111	0.5		X	X	X	None
Health Education II	140121	0.5		X	X	X	Health Education I
Physical Education	230112 (10) 230122 (11-12)	0.5		X	X	X	Passing Physical Education each year is required by the State of Iowa
Adapted Physical Education	231611 /231612	0.5	X	X	X	X	Approval by physician or current goals in the IEP
Practicum in Sports Medicine	235111	0.5		X	X	X	One year experience as a Student Athletic Trainer required. Approval of trainer required.
Lifeguarding	232312	0.5	*X	X	X	X	Must be at least 15 years old at the beginning of this course. A swimming skills pretest is required. See course description. *10 th -12 th grades
Outdoor Education	231311	0.5			X	X	Recommendation of PE staff member; C or better grade in PE; must pass pre-test requirements.
Bigger, Faster, Stronger (BFS)	231401	0.5	X	X	X	X	Recommendation of coach required. Athletes given first priority. Status based on grade (12 th , 11 th , 10 th , 9 th)
Extreme Fitness	230121	0.5	X	X	X	X	For the highly motivated student
Related Health Occupations	159812	0.5				X	Concurrent with Health Occupations On-the-Job (West only)
Health Occupations On-The-Job	159712	0.5				X	Concurrent enrollment in either related Health Occupations or a specific related class

Lifetime Fitness Education (234111) This course combines the physical education and health education curriculum and is a required course for all 9th graders. The students will acquire knowledge and skills regarding lifetime physical fitness; content will include nutrition, stress management, prevention and control of disease, including sexually transmitted diseases and acquired immune deficiency syndrome, current crucial health issues and human sexuality. The students will also participate in physical fitness activities that increase cardiovascular endurance, muscle strength and flexibility, leisure and lifetime activities. There is an additional fee for materials.

Health Education I (140111) This course will examine critical health issues facing teenagers in today's daily living. Topics to be covered include: alcohol and drug abuse prevention, communicable and non-communicable diseases, sexually transmitted diseases (including AIDS), community resources, community health, CPR, emotional and social health, first aid, nutrition, safety, violence prevention and social skills.

Health Education II (140121) This course will examine critical health issues facing teenagers in today's daily living. This project-based offering will look at a variety of different health topics and how they relate to a life-long goal of healthy living. Topics include consumer health, family living, community resources, community health, violence prevention, and other critical health issues.

Physical Education (230112 10th -11th grade/230122 11th -12th grade) The program of physical education provides a reasonable balance of those activities commonly grouped as team and individual sports, aquatics, recreational and rhythmical activities. There is an additional fee for materials.

- All students are required to take physical education each year as prescribed by Iowa law. Students who cannot participate in regular physical education classes because of physical limitations are enrolled in adapted physical education classes.
- Students participate in activities from the categories as scheduled. Possible activities are archery, badminton, basketball, CPR and Contemporary Health Issues, floor hockey, football, golf, personal fitness, softball, swimming, team handball, tennis, volleyball, soccer, flag football, pickle ball, yoga, and Tae Bo. Some of these units are available at beginning and advanced levels.
- Success in physical education is directly related to class participation. It is, therefore, important for a student to attend class on a regular basis. Proper gym attire is required. Beginning fall 2005, Physical Education will receive .5 credit and be included in the GPA.
- All physical education failures will be made by taking makeup classes. Failures must be made up in order to meet graduation requirements. PE classes must be passed to receive a diploma.

Adapted Physical Education (231611/231612) Davenport high schools offer a course in adapted physical education for those students who cannot participate in the regular program due to medical or motor restrictions. Following the necessary referral from the family physician, a selection of activities is offered to meet the individual's needs.

Practicum in Sports Medicine (235111) The objective of this offering is to give the high school student academic credit for the many hours of study and practical experience one receives as a student athletic trainer.

- The practical experience includes individualized instruction in the prevention and care of athletic injuries and the career opportunities in the area of sports medicine. The student will be evaluated in cognitive and practical areas such as injury recognition, basic and advanced first aid techniques, muscle testing, record keeping procedures, rehabilitation, conditioning, weight training, and preventive strapping (taping) techniques.
- Some of the positive educational outcomes of this course can be certification in cardiopulmonary resuscitation and standard first aid, socialization with peers, job shadowing experience, and service to others. This course cannot be taken in lieu of Physical Education.

PHYSICAL EDUCATION AND HEALTH EDUCATION (CONT)

Practicum in Sports Medicine (235111) The objective of this offering is to give the high school student academic credit for the many hours of study and practical experience one receives as a student athletic trainer.

- The practical experience includes individualized instruction in the prevention and care of athletic injuries and the career opportunities in the area of sports medicine. The student will be evaluated in cognitive and practical areas such as injury recognition, basic and advanced first aid techniques, muscle testing, record keeping procedures, rehabilitation, conditioning, weight training, and preventive strapping (taping) techniques.
- Some of the positive educational outcomes of this course can be certification in cardiopulmonary resuscitation and standard first aid, socialization with peers, job shadowing experience, and service to others. This course cannot be taken in lieu of Physical Education.

Lifeguarding (232311) The purpose of this course is to teach students the skills and knowledge needed to become a professional lifeguard. The course content and activities prepare lifeguard candidates to recognize and respond quickly and effectively to emergencies; prevent drowning and other incidents. Students must be 15 years old by the beginning of the class. No exceptions. The student must successfully complete the following swimming prerequisites:

- 1) Swim 500 yards continuously, using each one of the following strokes for at least 100 yards of each: crawl stroke and breaststroke. Participants choose their stroke(s) for the remaining 200 yards. There is a fifteen minute time limit.
- 2) Submerge to a minimum depth of 10 feet, retrieve a 10 pound object, and return with it to the surface.
- 3) Tread water for 2 minutes using legs only

Upon successful completion of the course, participants will receive two certificates: one for American Red Cross Lifeguard Training, which is valid for three years; and the second for American Red Cross CPR for the Professional Rescuer, which is valid for one year.

Outdoor Education (231311) This course will provide an alternative to our traditional P. E. classes. During this course you will go biking, canoeing & kayaking, and cook over an open fire. You will also be involved in wilderness education, initiative tasks, trust activities, and cooperative games. This course is limited to 27 students, nine per high school, and is open to all qualified Davenport high school students. It may only be scheduled 1st or 4th block. Students must provide their own transportation to Central for this course.

- Students must be able to pass a pre-test; 1) bike agility test, 2) swim 250 yards, 3) run one mile under eleven minutes. Application forms may be picked up in the guidance office or from a P. E. staff member.
- There is an additional fee which will cover canoe rental and provide insurance through Venturer membership.

Bigger, Faster, Stronger - BFS (231401) This course will provide an alternative to our traditional PE class, offered. The class will introduce the BFS athletic training program to all student athletes. The purpose of the class is to increase participants' speed, strength, and athleticism. These are coed classes with all workouts designed for individual level of conditioning. The units are: Rest and Nutrition; Year Round Training; Record Keeping; Sprint Training; Agility Training; Endurance Training; Flexibility Training; Plyometric Training; Strength Training; Skill Training.

- Student registration based on senior, junior, sophomore, and freshman status. Athletes given first priority, coach recommendation required. It will be offered as an elective.

Extreme Fitness (230121) This class is an alternate to traditional Physical Education. Student will have their weight, body fat, blood pressure and pulse measured at the beginning and end of the course. Journaling will be required. Students will be involved in a variety of aerobic, strength and conditioning activities. These activities include: Tae Bo, light weight lifting, plyometrics, and water exercise, running/walking and aerobic routines. This class requires a high level of motivation and physical activity. There is an additional fee for materials.

COOPERATIVE HEALTH OCCUPATIONS

This program is designed as a cooperative effort between the senior student, the instructor, and health facilities in the community. Students enrolled in this program attend regular high school classes one-half day and are employed one-half day in an approved medical facility.

Related Health Occupations (159812) West High School only. This course includes the teaching of fundamental principles that determine success on the job such as employer-employee relations, personal adjustment, money management, insurance, etc., along with other topics pertinent to the student's work experience.

Health Occupations On-The-Job (159712) West High School Only Students enrolled in this course will be required to complete a minimum of 15 hours per week in an approved medical facility. The number of hours worked plus the number of class hours at school, should not exceed 40 hours per week. Some of the occupations approved for on-the-job training are listed below:

Nurse Assistant	Dental Office Assistant	Physical Therapy Aide	X-ray Assistant
Veterinary Assistant	Dental Lab Assistant	Pharmacy Aide	
Child Care Worker	Home Health Aide	Medical Lab Aide	

PROJECT LEAD THE WAY (PLTW)

Subject	Course Numbers	Units per course	Grade level offered				Prerequisites and related information
			9	10	11	12	
*Introduction to Engineering Design (IED)	160313 /160314	1	X	X	X	X	Algebra I or CT Algebra I
*Principles of Engineering (POE)	162612 /162613	1	X	X	X	X	Algebra I or CT Algebra I, Introduction to Engineering Design recommended