

PHYSICAL EDUCATION AND HEALTH EDUCATION

Subject	Course#	Credits	Grade Level				Prerequisites and related info
			9	10	11	12	
REQUIRED							
Health Education I	140111	0.5	X				Required for all 9 th graders.
Physical Education	230122	0.5	X	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	Approved by physician or current goals in the IEP
Sports Medicine I	235111	0.5		X	X	X	
Sports Medicine II	235113	0.5			X	X	Successful completion of Sports Medicine I.
Practicum in Sports Medicine	235112	0.5		X	X	X	None
Lifeguarding	232312	0.5		X	X	X	Must be at least 15 years old at the beginning of this course. A swimming skills pretest is required.
Outdoor Education	231311	0.5			X	X	Activity pretest is required.
Strength and Conditioning I	231401	0.5	X	X	X	X	None
Strength and Conditioning II	231402	0.5	X	X	X	X	Strength and Conditioning I
Extreme Fitness	230121	0.5	X	X	X	X	For the highly motivated student. Open to all students but taught at Central.
Related Health Occupations	159812	0.5			X		Concurrent with Health Occupations On-the-Job Taught at West but open to all schools.
Health Occupations	159712	0.5			X		Concurrent enrollment in either related Health Occupations or a specific related class.

PHYSICAL ED & HEALTH COURSE DESCRIPTIONS

Health Education I **140111** **0.5 credits**
 Course description is still pending. Beginning with the class of 2021, every freshman will be required to take this course for graduation.

Physical Education **230122 (9th-12th grade)** **0.5 credits**
 The program of physical education provides a reasonable balance of those activities commonly grouped as team and individual sports, aquatics, recreational and rhythmical activities.

- 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.
- All physical education failures will be made up by taking makeup classes. Failures must be made up in order to meet graduation requirements.

Adapted Physical Education **231611, 231612** **0.5 credits**

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.

Sports Medicine I **235111** **0.5 credits**

This course is designed for the student interested in sports medicine, the health care of athletes and the physically active. The course will focus on the prevention, recognition, treatment and rehabilitation of injuries that occur during physical activity or athletics. Basic knowledge of anatomy and physiology, emergency first aid and the discussion of a variety of athletic injuries will be taught in the traditional classroom format. Students will gain hands-on experience in laboratory activities including taping techniques, splinting methods and the use and principles of common modalities used to treat athletic injuries and basic principles applied in the rehabilitation of injuries. Coverage of athletic events will also be emphasized. This course cannot be taken in lieu of Physical Education.

Sports Medicine II **235113** **0.5 credits**

This course is a continuation of Sports Medicine I but is more advanced. It will provide the student with a more intensive and in-depth experience in the area of Sports Medicine, health care of athletes and the physically active. Students will also learn more advanced Sports Medicine concepts, injury evaluations, and treatments. Career exploration will be emphasized with the coverage of sporting events and internships with local health care facilities. Some requirements for the class will require time outside of the school day. This course cannot be taken in lieu of Physical Education.

Practicum in Sports Medicine **235112** **0.5 credits**

Gives 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 **232312** **0.5 credits**

Teaches 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. There is an additional fee for materials. 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: The American Red Cross Lifeguard Training, which is valid for three years; and the American Red Cross CPR for the Professional Rescuer, which is valid for one year. There is an additional fee of \$50.00 for this course that covers the cost of materials, certification and a rescue mask.

Outdoor Education

231311

0.5 credits

Provides an alternative to our traditional P. E. classes. During this course you will go biking, canoeing & kayaking. You will also be involved in wilderness education, initiative tasks, trust activities and cooperative games. This course is limited to 27 students. It may only be scheduled 1st or 4th block. It is recommended the student have his/her own bicycle for the class.

- 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

Strength and Conditioning I

231401

0.5 credits

Provides an alternative to our traditional PE class offered. Introduces a strength and conditioning 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 class status. Athletes given first priority, coach recommendation required. Offered as an elective.

Strength and Conditioning II

231402

0.5 credits

Provides an alternative to our traditional PE class offered. 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. Students must successfully complete Strength and Conditioning I before registering; registration may be based on class status. Athletes given first priority, coach recommendation required. Offered for Physical Education credit or as an elective

Extreme Fitness

230121

0.5 credits

An alternative 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.

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

0.5 credits

West High School Only 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

159712

0.5 credits

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