HEALTH AND PHYSICAL EDUCATION DEPARTMENT

TEAM SPORTS: A/B Grade Level: 9-10-11-12  773800 (Offered both Semesters)

This semester-long course includes instruction in two or three activity units per quarter. Each unit offers opportunities for student growth in health enhancing fitness activities, movement skills and concepts of personal and social responsibility. Students will apply the knowledge of components and principles in health- and skill-related fitness when creating a personal fitness plan. Units of study in team sports may include hockey, flag football, ultimate Frisbee, team handball, soccer, basketball, softball, volleyball, or other team sports chosen by the instructor.

Unlimited repeats for subject credit

NET SPORTS: A/B Grade Level: 9-10-11-12  773700 (Offered both Semesters)

This semester-long course includes instruction in two or three activity units per quarter. Each unit offers opportunities for student growth in health enhancing fitness activities, movement skills and concepts of personal and social responsibility. Students will apply the knowledge of components and principles in health- and skill-related fitness when creating a personal fitness plan. Units of study may include Badminton, Tennis, Pickleball, Spikeball, Table Tennis, Tchoukball, Volleyball, or other net games chosen by the instructor.

Unlimited repeats for subject credit

SPECIALTY PE: CROSS TRAINING A/B Grade Level: 9-10-11-12  774531/774532

The purpose of this course is to educate and encourage students about achieving lifetime personal fitness. The students are engaged in the five components of fitness/wellness and are assigned to create fitness goals that are achievable throughout the course. The main goal of the course is for students to reach their goals while developing the skills necessary in becoming more physically fit. In this course, students will participate in a variety of popular activities found locally ranging from circuit training to Zumba to body-weight training workouts to many others. Students are responsible for creating their own fitness plan to culminate the course. Cross-training will address: improved physical fitness, technical skill development, regular healthful physical activity, self-discipline, improved judgment, stress reduction, positive peer interactions, improved self-confidence/self-esteem and experience in setting goals.

Unlimited repeats for credit
SPECIALTY BASKETBALL A/B Grade Level: 9 only 774234/774235

Advanced skills and strategies targeted for 9th graders. This course is more advanced than the General Physical Education Class and is an introduction to Specialty Basketball. Also included is basketball specific conditioning and training including plyometrics, agility, core training, and resistance training.

SPECIALTY BASKETBALL A/B Grade Level: 10-11-12 774231/774232

The focus of the course is on advanced skills and strategies: tournament play (1 on 1; 2 on 2; 3 on 3; 5 on 5); video analysis; officiating. Also included is basketball specific conditioning and training including plyometrics, agility, core training, and resistance training.

Unlimited repeats for credit

Specialty Dance: A/B Grade Level: 9-10-11-12 774331/774332

This dance course emphasizes the development of technique and the exploration of dance. Students will learn the basic technical skills needed for several dance disciplines, such as Ballet, Tap, Jazz, Hip Hop, Modern, Swing, Line Dance, and Contra Dance. The history of many dance cultures will also be taught. Students will demonstrate the knowledge and application of the basic elements of dance such as time, force, energy, dynamics, and space through movement. Student creation of original choreography and improvisational skills will also be introduced.

Unlimited repeats for credit

SPECIALTY SOCCER A/B Grade Level: 9-10-11-12 774831/774832

The main objective of the course is to expose the student to the game of soccer in a fashion that will enable the player to become an intelligent coach and participant. Time, inside and outside of class, will be devoted to developing and improving the fundamental skills, as well as learning fitness concepts and conditioning techniques used for achieving and maintaining optimal physical fitness. Competition will provide an opportunity for the student to demonstrate soccer skill and develop the basic strategy used in the game. In addition to technique, Emphasis will be placed on the instructional techniques and methodology to prepare the student to teach or coach.

Unlimited repeats for credit
SPECIALTY WEIGHT TRAINING A/B Grade Level 9 only 775234/775235

This is a weight training class geared toward students in 9th grade. Basic resistance training techniques will be the focus. Students will also develop a personalized resistance program to meet their own specific goals.

SPECIALTY WEIGHT TRAINING A/B Grade Level: 10-11-12 775231/775232

Develop a personalized resistance program to firm-up, bulk-up gain weight, lose weight, tone-up, work for general fitness or train for a specific sport.

Unlimited repeats for credit

SPECIALTY YOGA A/B Grade Level: 9-10-11-12 775431/775432

Yoga A will focus on a basic yoga alignment that will help increase strength level and degree of flexibility. There will be a variety of breathing and relaxations techniques taught to aid in stress management. The foundation principles learned in Yoga A will be needed to continue into Yoga B.

Yoga B will build on the alignment principles in yoga poses and continue to build strength and endurance. During the course poses become more advanced and challenging. There will be an introduction to flow yoga, meditation and stress management.

Unlimited repeats for credit

SPECIALTY YOGA FOR ATHLETES A/B Grade Level: 10-11-12 772331/772332

If you are a competitive athlete, find out how yoga will benefit your athletic performance. The class will increase an athlete’s core strength, flexibility, and range of motion, improve balance and teach deep, relaxed breathing. This class will be more physically demanding and intense than yoga A and B. If you want to become a better, more competitive athlete, then this is the class for you.

Unlimited repeats for credit
LEADERSHIP OPPORTUNITIES IN PHYSICAL EDUCATION  Grade Level: 11-12  
(With prior approval by Ms. Hill)  
This 0.5 credit, semester-long course is designed to develop leadership skills within the physical education setting for individuals interested in pursuing careers in education/teaching or physical therapy. Throughout the course, participants will have the opportunity to assist students who have various physical and learning disabilities in their development of sport/movement skills and fitness. Participants will explore and analyze a variety of disabilities and develop sport/recreation goals or fitness plan for her or his peer with a disability. The course will focus on disability awareness, communication, instructional, and feedback techniques, as well as goal-setting.

COMPREHENSIVE HEALTH EDUCATION  
Fulfills the ½ credit health education graduation requirement  
Students address issues in seven topics that include mental health; tobacco, alcohol, and other drugs; personal and consumer health; nutrition and fitness; safety and injury prevention; family life and human sexuality; and disease prevention and control. Although this course is required for graduation, it contains two units: family life; and human sexuality and AIDS prevention education; that require parental permission for students under age 18 to participate. Alternative units are required if students are not present for the family life, human sexuality and AIDS prevention components.  
Grade Level: 10-11-12

COMPREHENSIVE HEALTH EDUCATION, HONORS  
Fulfills the ½ credit health education graduation requirement  
The Honors Comprehensive Health Education course includes greater rigor and academic challenge than the basic course, and students who are seeking additional quality points for their weighted grade point average may receive the additional points by achieving a grade of ‘A’, ‘B’ or ‘C’. The course may be taken in Grade 10 or higher in place of Comprehensive Health Education #783500. However, the honors course is not an elective and may not be taken for credit if a student has already successfully completed Comprehensive Health Education. Students choosing to enroll in Honors Comprehensive Health Education must have the approval of their parents, counselor and a teacher, all of whom must be able to attest to the students’ capability, motivation, and potential, to succeed in this course.  
Grade Level: 10 -11-12

COMPREHENSIVE HEALTH EDUCATION is also offered online in Summer School for those who wish to fulfill the requirement outside the school year. Information about the online summer course can be found at:  
www.montgomeryschoolsmd.org/departments/onlinelearning/courses_health.shtml  
Information and locations for classroom summer school courses can be found at:  
www.montgomeryschoolsmd.org/departments/extendedhours/summerschool/
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11th and 12th Grade Courses

Basketball  774231-774232
Dance 774331-774332
Cross Training 774531-774532
Health 783500
Honors Health 784100
Leadership Opportunities in PE 7700
Net Sports 773700
Soccer 774831-774832
Team Sports 773800
Weight/Strength Training and Conditioning 775231-775232
Yoga/Stretching 775431-775432
Yoga for Athletes 772331-772332