

GUIDELINES FOR COURSE DESCRIPTIONS

1. Individual courses will be identified by title, followed by the grade level of the course (e.g. 9, 10, 11, 12), the length of the course (e.g., s = semester, y = year, y*= students may enter at semester with counselor/teacher approval).
2. Standard credit courses grant 5.0 credits for semester courses, and 10.0 credits for year courses.
3. Prerequisites to courses must be followed. Exceptions will be allowed only after approval from both the instructor and the student's counselor.
4. University of California and California State University certified courses are identified by a 'P' next to the course title.
5. There is no charge for taking any course at Pleasant Valley High School. Workbooks, materials, and supplies are provided free to all students such that they can achieve as high a grade as any other student in the class. However, there are many courses that allow students to purchase projects that they have made by paying the cost of materials for such projects. In addition, students are allowed to purchase workbooks if they want to mark in them instead of returning them in good shape at the end of the term.

CUSD GRADUATION REQUIREMENT

Physical Education.... 20.0 credits
9th Grade - Required Enrollment (y)

Physical Education Department Course Descriptions

COURSE TITLE	COURSE DESCRIPTION	TERM	GRADE	A-G REQ	CREDIT INFORMATION
PE 9	Objectives of the 9th grade curriculum are to develop movement skills and movement knowledge; to develop a positive self-image; and to develop social skills by working in a team setting. The curriculum adheres to the state framework guidelines where students work within the emphasis of fitness; team sports. The curriculum includes: volleyball, track & field, ultimate Frisbee, basketball, field games, dance, street hockey, indoor games, flag football, softball and physical fitness concepts. Students are graded on the following criteria: effort/participation, enthusiasm/leadership/sportsmanship, movement skill development & understanding, knowledge of rules/strategies/etc.	Year	9 (Req)		Physical Education credit
PE 10	Objectives of the 10th grade curriculum are concerned with social etiquette; effective movement; and the pursuit of individual and carry-over activities. The emphasis is on self-improvement through knowledge and positive aspects of sport and fitness. The curriculum includes fitness concepts, tennis, golf, volleyball, pickleball, badminton, basketball, field games, street hockey, dance and softball. Students are graded on the following criteria: effort, participation, enthusiasm, leadership, sportsmanship, movement, skill development, understanding/knowledge of rules, strategies, and fitness.	Year	10 (Req)		Physical Education credit
PE 11-12	Students will participate daily in activities as an extension of the 9th and 10th grade progression. There will be opportunities in various activities with emphasis on group and individual choice and carry-over activities. Students are graded on the following criteria:	Year	12		Physical Education credit

	effort, participation, enthusiasm, leadership, sportsmanship, movement, skill development, understanding/knowledge of rules, strategies, and fitness.				
PERSONAL FITNESS <i>Prerequisite: A grade "C" or better in 10th grade physical education and/or teacher recommendation</i>	This course is structured for students to develop and a program of regular exercise (with a mandatory cardiovascular component). Body sculpting, nutrition, flexibility, weight maintenance, power development, and jogging are included. Self-discipline is a key to success.	Year	11-12 10 th grade with teacher approval		Elective credit
SPORTS CONDITIONING	Student will participate daily in a strengthening and conditioning workout. The environment will be closely supervised, progress recorded and close communication maintained with the respective coaches. The environment will be intense in nature with the ultimate goal being to develop each student to their physical peak.	Year	11-12 10 th grade with teacher approval		Elective credit
SPORTS MEDICINE	This class provides an introduction to the field of athletic training. Learn basic anatomy and physiology, prevention and assessment of athletic injuries, immediate and temporary care of injuries, training room and office management practices, procedures, standards and ethics. <u>Class meets at Pleasant Valley High School.</u>	Year	11-12		Elective credit
LEISURE SPORTS	Basic knowledge of a variety of sports rules and skill sets are required. Students will participate daily in sports and games that focus on teamwork and movement. Class will be structured around a "game play" environment with students actively participating in competitive play situations designed around specific sports such as ; soccer, football, softball, volleyball, and more. This course is designed for the already physically active student that has completed PE credit requirements, but want to continue with their physical fitness through play.	Year	10-12		Elective credit
ISPE	This course is an additional class to a student's full, 6 period schedule. A student taking this class must forfeit the option to have an open period or a period as a teacher's aide in the future. Co-educational environment taught by a Certificated Physical Education teacher. Independent Study Physical Education is structured for students to focus on health related and skill related fitness. Students will act as informed responsible individuals and be able to set, prioritize, and revise personal goals as they relate to lifelong fitness. Athletics, recreation, and lifetime sports/fitness will provide students an opportunity to apply specific health and skill related component concepts in	Sem	10-12		Physical Education credit

	<p>their respective settings. Students will be required to complete a minimum of 200 minutes of physical education instruction for every school week. Students must have participation verified by approved qualified individuals responsible for supervising and verifying student participation. Parents will not be approved as a supervising adult. Students will also be required to meet with a certified instructor for 45 minutes of the 200 minutes once every week. Weekly instructor meetings during 0 period will require students to perform fitness assessments. Students will evaluate their performance, analyze data, reflect on personal goals, and adjust behavior as necessary.</p>				