

HEALTH/PHYSICAL EDUCATION

HEALTH

6000 Health...It Does A Body Good!, 0.5 credit (state)

GPA Level 2

Grade Level(s): 9-12

Service ID: 03810100

Prerequisite(s): None

Notes: Students will be taught and certified in Heart Saver Course from the American Heart Association which includes First-Aid, CPR, and AED; health-related career choices will also be explored and taught with experts from the Health field visiting our classes.

In "Health...It Does a Body Good!", students will engage, collaborate, and acquire up to date health information to become productive and healthy adults. Tough challenges face the 21st century teenager and this class will guide you to positive choices now and in the future toward a better way of life. Students will comprehend the following: seek parental guidance first, partake in positive personal behaviors, and understand the health risks associated with the life span process. Students will recognize the personal and interpersonal skills needed to promote individual, family, and community health. Topics include overall wellness, family relationships, marriage and parenthood, human growth and development, nutrition, communicable/non-communicable diseases, use and abuse of drugs, tobacco, alcohol, and other areas of importance pertaining to a productive lifestyle. You will also have the opportunity to become CPR/AED/First-Aid Certified. Career choices in the health-related careers field will be explored. **Health...It Does a Body Good!!!**

PHYSICAL EDUCATION

In Physical Education, students acquire the knowledge and skills for movement that provide the foundation for enjoyment, continued social development through physical activity, and access to a physically active lifestyle. Students exhibit a physically active lifestyle and understand the relationship between physical activity and health.

6020/6025 Foundations of Personal Fitness, 0.5 credits (state)

GPA Level 2

Grade Level(s): 9-12

Service ID: PES00052/PES00052

Prerequisite(s): None

Notes: 6020 – Boys; 6025 – Girls; uniform required; \$20 class fees may apply.

The Foundations of Personal Fitness course aids students in making personal decisions that help them learn to become fitness and exercise problem solvers through weight training, aerobic conditioning, fitness evaluations, and scientific exercise principles.

6030/6035 Fitness Training (Body Pump) – Aerobic Activities, 0.5 credit (state)

GPA Level 2

Grade Level(s): 9-12

Service ID: PES00054/PES00054

Prerequisite(s): None

Notes: 6030 – Boys; 6035 – Girls; uniform required; \$20 class fees may apply; may repeat course one time.

Students enrolled in this class will have work-out challenges that include cardiovascular training (Fun Run Training, weight lifting, zumba, circuit training, and P9OX). They will also learn the importance of GOOD and PROPER nutrition and how it affects the human body.

6040/6045 Individual/Team Sports, 0.5 credit (state)

GPA Level 2

Grade Level(s): 9-12

Service ID: PES00055/PES00055

Prerequisite(s): None

Notes: 6040 – Boys; 6045 – Girls; uniform required; \$20 class fees may apply; may repeat course and/or service ID one time.

Students enrolled in Individual/Team Sports are expected to develop health-related fitness and an appreciation for teamwork and fair play. The study of team sports includes rules, strategies, safety and protocol of each, and is an integral part of the overall Lifetime Fitness program. The inclusion of lifetime recreational activities and sports emphasizes, encourages, and promotes positive personal wellness, fitness, and healthy habits. This course reinforces the concept of incorporating physical activity into a lifestyle beyond high school. Students in Individual Sports are expected to participate in a wide range of individual sports that can be pursued for a lifetime. The continued development of health-related fitness and the selection of individual sport activities that are enjoyable are major objectives of this course. Students will be expected to exhibit a level of competency in two or more individual sports which may include aquatics, archery, golf, handball, racquet sports, self-defense, track and field, or weight training.

6050/6055 Weight Training/Conditioning – Individual Sports, 0.5 credit (state)**GPA Level 2****Grade Level(s):** 9-12**Service ID:** PES00055/PES00055**Prerequisite(s):** None**Notes:** 6050 – Boys; 6055 – Girls; uniform required; \$20 class fees may apply; may repeat course and/or service ID one time.

Students enrolled in Weight Training/Conditioning will emphasize various programs that will develop the individual needs of a student in strength, endurance, and flexibility. The program includes the use of weights for weight training, plyometrics, and cardiovascular training. Students will learn the proper techniques of weight lifting, how to use equipment properly, rules of weight training, and the importance of proper nutrition.

6491 Alternative Physical Education Activities, 1.0 – 4.0 credits (state)**GPA Level N/A****Grade Level(s):** 9-12**Service ID:** PES00008**Prerequisite(s):** None**Notes:** CCISD Physical Education waiver information and application are posted on the District's website: <http://www.ccisd.net/departments/curriculum-instruction/physical-education-health/forms-waivers>.

The Level 1 and Level 2 private and commercially sponsored physical activities must be an approved Physical Education vendor and certified by the Coordinator of Health/Physical Education. (Outside team and individual sports will not be allowed for Alternative Physical Education Activities if those sports are offered in the CCISD Course Catalog.) Deadlines designated on the application must be met for approval each school year. Application for Alternative **PE Activities must be submitted to the Clear Creek ISD PE/Health office by the last Friday of April of the previous school year for the waiver to be reviewed for approval for the Fall Semester and by the last day of the Fall Semester for the Spring Semester.** This course does not count in GPA and will be given a Pass/Fail grade on the student's Academic Achievement Record. Students must follow CCISD Policy as outlined in order to receive credit for Alternative PE Activities. Applications must be resubmitted each school year to qualify for Alternative PE Activities.

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| PHYSICAL EDUCATION SUBSTITUTIONS |
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According to EIF (Local), students may substitute certain physical activities and certain academic courses for the required one credit. These substitutions are recorded on the transcript (AAR) as PE substitution activities for which PE grades and PE credits are awarded. Clear Creek ISD will allow students a PE substitution based on the physical activity involved in:

1. Band I-IV for students participating in Marching Band (0.5 per fall semester for a maximum of 1 credit). If a student earns a 70 or above for Band I-IV, then a "P" for "Passing" will be designated on the student's transcript for the PE substitution credit. The PE substitution credit will not count in the student's GPA.
2. Dance Team I-IV (0.5 per fall semester for a maximum of 1 credit). If a student earns a 70 or above for Dance Team I-IV, then a "P" for "Passing" will be designated on the student's transcript for the PE substitution credit. The PE substitution credit will not count in the student's GPA.
3. Athletics, (0.5 per semester).
4. Cheerleading, (0.5 per semester).
5. Junior Reserve Officer Training Corps I (JROTC), (0.5 per semester).
6. Level I and II Alternative Physical Education Activities (described above).

ATHLETICS – INTERSCHOLASTIC COMPETITIVE SPORTS

District Extracurricular Fee applies for all students participating in athletics. Payment for the extracurricular fee may be made online at <http://www.ccisd.net/departments/budget-financial-services/extracurricular-fees>.

Athletic classes are available as a substitute for Physical Education. Students shall not be enrolled in more than one Athletic/PE class. Students are enrolled after receiving approval from the coach of the athletic activity. Athletic classes are available in the following sports:

| GIRLS ATHLETICS | | BOYS ATHLETICS | | COED ATHLETICS | |
|------------------------|---------------------------|-----------------------|----------------------------------|-----------------------|-------------------------|
| CRS | SPORT | CRS | SPORT | CRS | SPORT |
| 6111 | Softball Varsity | 6101 | Baseball Freshmen/Sophomore | 6181 | Cheerleading |
| 6115 | Softball | 6105 | Baseball Junior Varsity/ Varsity | 6271 | Swimming Junior Varsity |
| 6141 | Basketball Freshmen | 6161 | Basketball Freshmen | 6411 | Trainer I |
| 6151 | Basketball Varsity | 6171 | Basketball Varsity | 6413 | Trainer II |
| 6155 | Basketball Junior Varsity | 6175 | Basketball Junior Varsity | 6415 | Trainer III |
| 6191 | Track | 6201 | Track | 6417 | Trainer IV |
| 6241 | Golf | 6211 | Football Freshmen | | |
| 6261 | Swimming | 6221 | Football Junior Varsity/Varsity | | |
| 6301 | Tennis Freshmen | 6231 | Golf | | |
| 6321 | Tennis Junior Varsity | 6251 | Swimming | | |
| 6341 | Tennis Varsity | 6291 | Tennis Freshmen | | |
| 6361 | Soccer Varsity | 6311 | Tennis Junior Varsity | | |
| 6381 | Soccer Junior Varsity | 6331 | Tennis Varsity | | |
| 6385 | Soccer Freshmen | 6351 | Soccer Varsity | | |
| 6391 | Cross Country | 6371 | Soccer Junior Varsity | | |
| 6431 | Volleyball Freshmen | 6375 | Soccer Freshmen | | |
| 6441 | Volleyball Junior Varsity | 6395 | Cross Country | | |
| 6451 | Volleyball Varsity | 6461 | Wrestling | | |
| 6471 | Wrestling | | | | |

Service ID: PES00000/PES00001/PES00002/PES00003

STUDENT ATHLETES

If you plan to enroll in any Division I or Division II college or university, please see page 194 for the [Guide for College Bound Student Athletes and their Parents](#).

MILITARY SCIENCE (JROTC)

6501 Military Science I, 1 credit (state)**GPA Level 2****Grade Level(s):** 9-12**Service ID:** PES00004**Prerequisite(s):** 14 years old.

Notes: \$20 class fee; this course may satisfy Physical Education graduation requirements; this course requires the student to wear the JROTC uniform once per week; advancements in rank are based on performance and leadership ability; these requirements apply to all JROTC course levels.

This course provides an introduction to leadership. Emphasis is placed on the primary role of the follower with additional emphasis on self-discipline, patriotism, and physical fitness. Classes in marksmanship, first aid, map reading, and introduction to effective teaching methods are included.

6511 Military Science II, 1 credit (state)**GPA Level 2****Grade Level(s):** 10-12**Service ID:** 03160200**Prerequisite(s):** Military Science I**Notes:** \$20 class fee.

This course provides intermediate leadership development including practical exercises in developing leadership abilities. There will be a continuation of classes in marksmanship, first aid, and map reading. In addition, primary emphasis will be placed on developing the student's communication skills.

6521 Military Science III, 1 credit (state)**GPA Level 2****Grade Level(s):** 11-12**Service ID:** 03160300**Prerequisite(s):** Military Science II**Notes:** \$20 class fee.

This course is the application of leadership development. The student continues to develop leadership abilities through case studies in leadership, examining individual and group behavior, influences of social and economic environment, and methods or techniques for developing teamwork. Psychology of leadership is also stressed.

6531 Military Science IV, 1 credit (state)**GPA Level 2****Grade Level(s):** 12**Service ID:** 03160400**Prerequisite(s):** Military Science III**Notes:** \$20 class fee.

This course is the application of advanced leadership with emphasis on demonstrated ability to present and critique classroom material and to prepare lesson plans as an assistant instructor. Also, the ability to apply the problem solving/decision making process while performing command and staff functions will be emphasized.

6541/6542/6543 Military Science II/III/IV – Command Staff, 1-3 credit(s) (state)**GPA Level 2****Grade Level(s):** 10-12**Service ID:** 03160200/03160300/03160400**Prerequisite(s):** Teacher approval.**Notes:** \$20 class fee.

This course provides those Cadets selected for Command and Staff positions an opportunity to practice Management Analysis and Concepts through the study of People, Money, Time, Material, and Space as they relate to Leadership Variables and principles. It also prepares them to present Command level briefings using presentation software.