PHYSICAL EDUCATION

P55240 – Physical Education I & II: Freshman P.E. 9
P55270 – Physical Education I & II: Adaptive Freshman P.E. 9

ELECTIVE PHYSICAL EDUCATION COURSES

P55210 – Athletic Training I 9, 10, 11, 12
P55410 – Athletic Training II -- Practicum 10, 11, 12
P55190 – Weight Training/Team Sports (1st Sem.) 10, 11, 12
P55200 – Weight Training/Team Sports (2nd Sem.) 10, 11, 12
P55310 – Advanced Physical Conditioning (1st Sem.) 10, 11, 12
P55320 – Advanced Physical Conditioning (2nd Sem.) 10, 11, 12
P55330 – Women’s Advanced Physical Conditioning (1st Sem.) 10, 11, 12
P55340 – Women’s Advanced Physical Conditioning (2nd Sem.) 10, 11, 12
P55230 – Basketball, Football, Hockey 10, 11, 12
P55170 – Adv Volleyball, Aerobics, Badminton & Bowling 10, 11, 12
P55180 – Tennis, Bowling, & Badminton 10, 11, 12
P55260 – Lifeguarding & Bowling 10, 11, 12
P55430 – Lifetime Sports 10, 11, 12
P55420 – Yoga 10, 11, 12
F55370 – Dance Choreography 10, 11, 12

P55240 – Physical Education I & II: Freshman P.E. 9 2 Cr., 2 Sem.
This course is a requirement for ALL Diplomas.
The Physical Education Program at Valparaiso High School is one in which there is a wide variety of individual and team sports, with an emphasis on "lifetime sports" and aerobic fitness. Swimming and physical fitness are required within the course. Included in the 2-semester class: nine weeks of swimming, three weeks of physical fitness, and 24 weeks of other activities listed below. Course combinations will be determined by the season of the year, the number of physical education classes offered each hour and facilities available.

P55270 – Physical Education I & II: Adaptive Freshman P.E. 9 2 Cr., 2 Sem.
Prerequisite: Medical excuse from doctor
This semester course is designed to meet the special needs of each particular student. The course includes individualized instruction in a wide variety of activities designed to enable the student to meet his/her goals. The activities are adapted to fit each student's limitations and interests; however, each student is encouraged to develop his/her potential to the best of his/her ability. The medical slip must state what activities are prohibited.

SWIMMING GUIDELINES
All students must complete a 9-week swimming course. Reminder: One grading period of swimming is required during a student's first two semesters of high school physical education.
Once that requirement is satisfied, Lifeguarding may be taken during your third or additional semesters. Exception: Advanced swimmers identified during swim testing may elect to take Lifeguarding as sophomores to fulfill their swim requirement. Students must have instructor approval for this exception.

**ACTIVITIES IN PHYSICAL EDUCATION I & II: FRESHMAN P.E.**

**Beginning Swimming**  
This course is for students unable to swim one length of the pool. Emphasis is placed on water safety, survival swimming, stroke technique, floating, adaptability to the water, basic rescues, and clothes inflation.

**Intermediate Swimming**  
This course is for students who are able to swim one length of the pool using the crawl and racing backstrokes, but with poor technique. Emphasis on stroke technique for the above strokes, the elementary backstroke and breaststroke are stressed, as well as endurance. Basic rescues, survival swimming, clothes inflation, water entries, water safety, and water games are also taught.

**Advanced Swimming**  
This class is for students with correct technique in the crawl, elementary and racing backstrokes. Students will be taught the breaststroke and sidestroke and will also work on endurance, basic rescues, water safety, diving, survival swimming and clothes inflation. Water games will also be taught.

**Aerobics**  
Aerobics are exercises done to music. These exercises work on cardiovascular endurance along with coordination and flexibility. Aerobics begin with a warm-up and increase speed and intensity to reach target heart rate. Different songs accompany exercises for different areas of the body (waist, hips, thighs, arm strength, and flexibility).

**Badminton**  
The unit is designed to teach students the basic skills and rules. Course content will include forehand and backhand drives, overhead clear, types of serves, net shots, smash, scoring rules, singles and doubles strategy and tournament play.

**Basketball, Beginning**  
Millions of people become involved as basketball players or spectators each year, and an understanding of the game’s rules and techniques can enhance their enjoyment. Included in the course will be conditioning, footwork, passing and catching, dribbling, ball handling, shooting, rebounding, guarding, team offense and defense, officiating techniques, and round robin class tournaments.

**Bowling**
The bowling class provides competition, relaxation and fun as a lifetime activity. Class participation will be at the bowling alley. The four–step delivery, hook ball, position bowling for strikes and spares, etiquette on the lanes, scorekeeping and correcting common faults will be presented. There will be a reasonable cost involved for the student toward rental of the bowling facility and equipment.

**Flag Football**
Flag football is composed of skill fundamentals, rule discussions, and then games. Fundamental offensive skills presented are running with the ball, passing, receiving a pass, punting, centering, blocking, receiving the punted ball; fundamental defensive skills include pass defense, line play, plus rules, strategy, and officiating.

**Golf**
The golf class is designed to develop the basic skills that may be used in playing golf in leisure time now and throughout the years of adult life. The basic skills will be the use of woods and irons, pitching, chipping, and putting. Rules, etiquette, and care of the golf course will be emphasized to prepare the class for participation on the golf course for a few class periods.

**Gymnastics–Tumbling**
The coeducational gymnastics course will utilize various apparatus including the vaulting horse, uneven bars, and balance beam. The course is designed for students who have little experience on the apparatus. Basic fundamentals will be given, progressing to more advanced activities at the conclusion of the course. Basic skills and techniques in tumbling will be taught as follows, with individuals progressing at their own rate: jumps, forward and backward rolls, cartwheels, round off, walkovers, handsprings, aerials.

**Physical Fitness**
The course involves conditioning all parts of the body through various training activities. Different levels of fitness, conditioning methods, and types of fitness are presented in class. Activities include jogging, aerobic exercise, weight training, circuit training, aquatic conditioning, and agility exercises. Tests of strength, speed, endurance, cardiovascular fitness, and body–fat levels are given each student.

**Speed–a–Way**
Speed–a–Way is a team sport and field game in which a wide variety of techniques and team plays can be used. Kicking, dribbling, punting and lifting the ball for a field goal use both ground and aerial plays, and combinations of these. Speed–a–Way offers both enjoyment and challenge.

**Soccer**
Soccer is an extremely fast team sport requiring a variety of skills. Skills used in the game are running, kicking, blocking, trapping and heading. This popular game is essentially a leg and foot field game.

**Softball**
Softball provides competition, relaxation, and fun as a lifetime sport activity. Part of the fundamental training will include throwing, catching, batting, base running, offensive and defensive strategy, defense maneuvers, and rules of the game. Class round robin tournament games will be a major emphasis in the course.

**Tennis, Beginning**
The tennis class is designed to develop fundamentals and give an understanding of the game to enable one to benefit from worthy use of leisure time. Ten courts are utilized and students will be taught skills of forehand and backhand strokes, serve, footwork, lob, volley, rules, etiquette, strategy, scoring and tournament play.

**Volleyball, Beginning**
Volleyball provides an enjoyable leisure time activity. This course will aim to enhance the skills of forearm pass, serve, setting, spiking, blocking, offensive and defensive strategy, rules and class round–robin tournaments.

**Wall ball**
The course is an indoor modified Speed-a-Way game requiring a wide variety of skills using the hands and feet. Skills used in the game are kicking and passing with both ground and aerial plays used to score goals.

**ELECTIVE PHYSICAL EDUCATION COURSES**
The following elective Physical Education classes receive one credit per semester.

*A maximum of 6 credits can be earned from these classes.*

**P55210 – Athletic Training I**
9, 10, 11, 12  
1 Cr., 1 Sem.
This course is an introduction and understanding of athletic training methods, treatments, rehabilitation, and prevention of athletic injuries that occur in team sports, dual sport activities, individual activities, outdoor pursuits, self-defense and martial arts, aquatics, gymnastics and dance. Coursework will involve lecture, discussion, and practical application (labs) of athletic training knowledge. Students will physically perform preventative and therapeutic exercises on lab days twice per week. This course is designed for students that are interested in pursuing future careers in coaching or a healthcare-related field (athletic training, physical therapy, nursing, physician, etc.). This course is a pre-requisite for the Athletic Training II class and the Porter County Vocational Athletic Training class.

**P55410 – Athletic Training II - Practicum**
10, 11, 12  
1 Cr., 1 Sem.
Prerequisite: Athletic Training I
This course has an in-depth focus on anatomy and physiology, evaluation of injuries, record keeping, training room maintenance, various modality application procedures, and current topics in sports medicine. Coursework will involve lecture, discussion, application (labs) of training techniques, and required clinical work as a student athletic trainer under a certified staff member. Students will physically perform preventative and therapeutic exercises on lab
days twice per week. Students will be required to put in 10 hours of clinical practice during the semester. This course is in addition to the physical education (PE I & II) requirement.

**P55190 – Weight Training/Team Sports (1st Sem.)**  
**P55200 – Weight Training/Team Sports (2nd Sem.)**  
10, 11, 12  
1 Cr., 1 Sem.

Students will learn techniques in lifting free weights and will have an individualized weightlifting program. Diet and nutrition will be discussed. Volleyball, basketball, and other sports will be offered as facilities dictate. Game strategies, training techniques, and proper rules and officiating will be included.

**P55310 – Advanced Physical Conditioning (APC) (1st Sem.)**  
**P55320 – Advanced Physical Conditioning (APC) (2nd Sem.)**  
10, 11, 12  
1 Cr., 1 Sem.

This class is for any serious students/athletes looking to improve their core strength, speed, agility, coordination, and flexibility. Students will be taught the importance of understanding biomechanics, nutrition, and fitness terminology. The weight-training program is designed to fit any and all types of student/athletes regardless of individual athletic interest.

**P55330 – Women’s Advanced Physical Conditioning (W-APC) (1st Sem.)**  
**P55340 – Women’s Advanced Physical Conditioning (W-APC) (2nd Sem.)**  
10, 11, 12  
1 Cr., 1 Sem.

This class is for the female student/athlete who is looking to improve their core strength, speed, agility, coordination, and flexibility. Students will be taught the importance of understanding biomechanics, nutrition, and fitness terminology. The weight-training program is designed to fit any and all types of student/athletes regardless of individual athletic interest. This class will be offered during 7th period only.

**P55230 – Basketball, Football, Hockey**  
**Basketball** (9 weeks) This course is for students who have had previous basketball instruction. An emphasis will be placed on shooting, passing, catching, and team play that will include 2 on 2, 3 on 3, and 5 on 5 games.

**Football** (4½ weeks)  
This course is for students with previous football instruction who can perform the fundamental skills. Emphasis will be on passing, catching, and team play that will include both regular football and rugby football, fast-moving, passing, and catching game.

**Floor Hockey** (4½ weeks)  
In this course, students will learn stick handling, goal tending, passing, shooting, and offensive and defensive techniques. Emphasis will be on team play and skills.
P55170 – Advanced Volleyball, Aerobics, Badminton & Bowling 10, 11, 12 1 Cr., 1 Sem.
Students will bowl for three weeks at Inman’s. The remainder of the semester will be devoted to skill building, the rules, and game play in the sports of volleyball and badminton. Twice weekly, students will participate in aerobics in the form of Zumba, P90x, Insanity and yoga. (Bowling fee is $15)

P55180 – Tennis, Bowling, Badminton 10, 11, 12 1 Cr., 1 Sem.
Students in this class should have a basic knowledge of tennis rules and strategies, as well as experience playing the game. Skill development and game strategy will be emphasized in a competitive format. Tennis will last 9 weeks. Fundamental skills, knowledge of rules, and game strategies will be emphasized in volleyball and badminton. Each of these sports will be taught 4½ weeks. (Bowling Fee is $15.)

P55260 – Lifeguarding, Bowling 10, 11, 12 1 Cr., 1 Sem.
Prerequisite: 15 years old, strokes: front crawl, racing back, side, & breast.
The American Red Cross will certify students in CPR, First Aid, and Lifeguarding. This class will challenge the advanced swimmers with new techniques for land and water rescues. (Bowling Fee is $15)

P55430 Lifetime Sports: Elective P.E. 10, 11, 12 1 Credit, 1 Semester
Students that enjoyed the variety of individual and team activities offered in PE I & II will enjoy Lifetime Sports. This class will build on skills previously learned in each activity. Game play will be the focus along with several tournament-style competitions. This is a semester long course (18 weeks). Two weeks will be devoted to each of the following activities: Badminton, Basketball, Floor Hockey, Football, Sharbade, Soccer, Softball, Tennis, Ultimate Frisbee, and Volleyball.

P55420 Yoga: Elective P.E. 10, 11, 12 1 Credit, 1 Semester
There are two main components of yoga. For exercise it engages your core muscles and provides an excellent total-body workout. Yoga enhances balance, flexibility, posture, coordination, strength, and endurance. Yoga improves concentration and teaches stress management skills. Yoga techniques, teach control of body and mind.

F55370 – Dance Choreography 10, 11, 12 1 Credit, 1 Semester
This Physical Education course can count as a Fine Arts credit toward the Academic Honors Diploma or Core 40 Diplomas.

In this course, students will experience many different dance styles. Students will learn a variety of dances throughout the decades with an emphasis on participation. Students are provided the opportunity to choreograph and perform as a soloist, group, and learner. Students will be provided with methods for choreography through a variety of media types. Students will experience and learn dance terminology as well. This class is very student-directed as students will choreograph routines, share prior experience, and teach each other.