

Health

Course Title	Prerequisite	Grade Level	Length of Course	Credits Per Year	Meets Graduation Requirement in:
Health 1	None Required course	9	1 semester	0.5	HL

This course is planned to enhance decision-making skills for individual health in wellness, nutrition, relationships, stress, suicide prevention, substance abuse, human sexuality, aids and health careers.

Health 12	Health 1	12	1 semester	0.5	HL
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Lifetime Health is designed to provide students with information to enhance life-long health skills. Topics covered will include current health-related issues such as aging, family, environment, stress reduction, suicide prevention, sexuality and consumer health care issues.

First Responder	None	10-12	1 semester	0.5	EL, CTE
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This course is designed to instruct a student to the level of First Responder, who serves as a vital link in the chain of the health care team. This curriculum includes skills necessary for the individual to provide emergency medical care with a limited amount of equipment.

Health Occupations 1: An Exploration of Health Careers	None	9-10	1 Semester	0.5	EL, CTE, HD
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Students will experience an introduction to a broad range of health careers through independent hands on learning modules. Modules might include dentistry, clinical laboratory practices, nursing, medical imaging, mental health, therapeutic services, career planning and more.

Health Occupations 2	Health Occ 1	11-12	1 Semester	0.5	EL, CTE, HD
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This course is recommended for all students who might want to prepare for further study in a health care career. The course provides an overview of the health care professions, including employment trends, ethics, current health issues and job search strategies. This course includes clinical rotations at St. Charles of Prineville, the ILS Department and other health care providers. The students will be HIPPA trained and have to take a tuberculosis screening test. Students need to have a valid driver's license, maintain current car insurance and have access to transportation to and from rotations. * HD granted when college credit received

Sports Medicine	None	10-12	1 semester	0.5	EL, CTE
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This course will give students the opportunity to explore and learn the basic skills involved in the Sports Medicine field of study.

Physical Education

9 th Grade Options	10-12 Grade Options
Beginning Weights	Lifetime Fitness
Basketball	Basketball
Spikeball/RampShot/Ultimate Frisbee	Spikeball/Rampshot/Ultimate Frisbee
Badminton/Tennis/Pickleball	Badminton/Tennis/Pickleball
PE 1	Yoga
	Advanced Weights/Conditioning
	NASP Archery
	Athlete PE
	Athlete Weights

Course Title	Prerequisite	Grade Level	Length of Course	Credits Per Year	Meets Graduation Requirement in:
Badminton/Pickleball/Tennis	None	9-12	1 semester	0.5	PE, EL

Students will have the opportunity to learn skills and game strategies for multiple racket sports. Each of these sports can be enjoyed outside of the classroom and are easily accessible in the community. Sportsmanship, participation and a great attitude will be required daily!

Spikeball/RampShot/Ultimate Frisbee	None	9-12	1 semester	0.5	PE, EL
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These up and coming non-traditional sports are taking over parks around the globe! Students will learn and play several “backyard” games that can be enjoyed on any playing surface – inside or out! Sportsmanship, participation and a great attitude will be required daily!

NASP Archery	None	10-12	1 semester	0.5	PE, EL
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National Archery in Schools Program promotes instruction in international-style target archery. All NASP classes are taught by an instructor who has graduated the “Basic Archery Instructor” training series. Equipment is all NASP approved and used in state and national level competitions. Focus is on safety and enjoying a lifelong love of archery.

Physical Education

Course Title	Prerequisite	Grade Level	Length of Course	Credits Per Year	Meets Graduation Requirement in:
PE 1	None	9	1 semester	0.5	PE, EL

This course is designed to provide students with basic fitness and wellness concepts. Emphasis will be on developing lifetime wellness habits that include individual, dual and team activities. This course acts as a foundation to all other courses offered and needs to be taken only once, if a passing grade is earned.

Athletic PE	None	10-12	1 semester	0.5	PE, EL
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A spot for our competitive student athletes who enjoy several different sports and want to engage with their classmates on a more competitive level. Daily rotation between weight room and sports competition. Students will be involved in planning and implementing individual fitness plans. Fitness should include whole body lifts, cardio, plyometrics, balance and coordination, as well as flexibility components. Sports covered will include traditional team sports as well as dual sports.

Beginning Weights	None	9	1 semester	0.5	PE, EL
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The purpose of this class is to teach students the benefits of weight training, proper technique, weight room etiquette and safety. Students will participate in two 9-week cycles of weight training designed to build strength and improve muscular endurance.

Adv Weight Lifting & Conditioning	None	10-12	1 semester	0.5	PE, EL
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Students will learn and refine the proper techniques of the power clean, squat, dead lift and bench press. Students will be tested daily on a series of speed and agility drills and sprints. Individual programs will be created for each student. This class is for the student who wants to prepare for extra-curricular sports, or is very serious about improving their strength, conditioning and athletic abilities.

Physical Education

Course Title	Prerequisite	Grade Level	Length of Course	Credits Per Year	Meets Graduation Requirement in:
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Athlete Weights and Conditioning	Participate in School Sports	10-12	1 semester	0.5	PE, EL
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This course is for both the male and female athlete involved in sports. This course will offer advanced skills in strengthening and conditioning as directed by the requirements of each athletic team. This weight training program is designed to increase sport specific skills, strength, speed, endurance, flexibility, agility and power, to condition the total body to perform the explosive and repetitive tasks encountered in practice and competition.

Lifetime Fitness	None	9-12	1 semester	0.5	PE, EL
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Designed for those students who cannot or prefer not to participate in a traditional PE course. Students will participate in various walking activities. Club fitness activities will be introduced. Positive health and fitness information will be stressed. You do not need to dress down for this class; the only requirement is comfortable walking shoes. This course can be repeated for credit.

Basketball	None	9-12	1 semester	0.5	PE, EL
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This class is designed for the student/athlete that wants to participate in basketball in a competitive and intense setting. Students must want to play basketball to the best of their ability each and every day. Ability, attitude and effort must meet a certain standard daily.

Yoga	None	9-12	1 semester	0.5	PE, EL
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In this course, we will practice yoga with several goals in mind. We will learn to control our breathing and explore the mind-body connection to breath. We will strive to hold our poses for a total of 2-4 breaths. We will practice different asanas and increase our ability to perform those asanas. We will sometime practice meditation, walking meditations, balance and explore the many reasons yoga benefits our bodies.