

# HEALTH, PE & ATHLETICS



## REQUIREMENTS FOR PHYSICAL EDUCATION

- Students are required to earn a minimum of 1 credit in physical education, but they may earn no more than 4 credits toward state graduation requirements.
- All PE/athletic credits after 4 are considered local credit.
- Each semester UIL competition sports will substitute for physical education.
- Marching band, color guard, and drill team may substitute for physical education.
- The first year of cheer and one year of ROTC will count for a full credit of PE substitution.
- Finally, the district will award state graduation credit for physical education for private or commercially-sponsored physical activity programs conducted off campus:
  - **Category 1:**
    - 15 hours of documented intense activity per week and has participated in a national level competition or is nationally ranked in their sport or
  - **Category II:**
    - 5 hours of documented intense activity per week.

Categories are determined by the hours and level the student is performing his/her activity. These activities may include but are not limited to ice skating, gymnastics, ballet, fencing, and equestrian sports. If interested in earning physical education credit through off-campus participation in physical activity programs, the student should contact their counselor.

## COURSES WHICH MAY WAIVE THE PHYSICAL EDUCATION GRADUATION REQUIREMENT

Marching Band	Drill Team & JV Drill Team
Athletic Trainer	UIL Competition Sports
Cheerleading	Color Guard
Junior ROTC	

## HEALTH

**Course Number: 4000**

**Placement: 9-12**

**Credits: ½**

**Prerequisite: None**

This course, a study of the physical, mental and emotional functions of the body, emphasizes teenage decisions concerning the use of tobacco, alcohol and drugs. Units on fitness, safety, suicide prevention, paternity awareness, nutrition and first aid will be included. A unit on human growth and development will be included in this course. It will include units on the role of family, dating, human reproduction, and childbirth, sexually transmitted diseases, and the importance of decision making. Parent permission is required for certain units.

## PE I – LIFETIME FITNESS AND WELLNESS PURSUITS

**Course Number: 4001**

**Placement: 9-12**

**Credits: ½**

**Prerequisite: None**

This course offers current approaches for the foundation of personal fitness, physical literacy, lifetime wellness, and healthy living. Students will apply the knowledge and skills to demonstrate mastery of the concepts needed to achieve lifetime wellness. Students will participate in a variety of physical activities for attaining personal fitness and lifetime wellness.

## PE II – LIFETIME RECREATION AND OUTDOOR PURSUITS

**Course Number: 4003**

**Placement: 9-12**

**Credits: ½**

**Prerequisite: None**

This course provides opportunities to develop competency in five or more life-long recreational and outdoor pursuits for enjoyment and challenge. Students will participate in activities that promote physical literacy, enhance self-worth and support community engagement.

## PE III – SKILL-BASED LIFETIME ACTIVITIES

**Course Number: 4004**

**Placement: 9-12**

**Credits: ½**

**Prerequisite: None**

This course offers students the opportunity to demonstrate mastery in basic sports skills, basic sport knowledge, and health and fitness principles. Students will experience opportunities that promote physical literacy and lifetime wellness. Students will participate in a minimum of one lifelong activity from each of the following five categories during the course:

- Target games.
- Striking and fielding games
- Fitness activities
- Rhythmic activities
- Innovative games and activities

## BEGINNING SWIMMING FOR FITNESS

**Course Number: 4010**

**Placement: 9-12**

**Credits: ½**

**Prerequisite: Students must be able to swim one length (25 yards) of the pool.**

Beginning swimmers with low skill levels need to learn basic swimming strokes, proper breath control, develop general conditioning, and learn to swim competently. Class is fundamentally organized to stress proper technique throughout the learning process. This is accomplished by using short descriptive lectures, videos, dry land drills, and practice in the pool. Build-up drills, exercises to enhance motor-skill development and games will be included at this level. **This course will be taught at the MISD Natatorium.**

**Course Number: 4011**

**Placement: 9-12**

**Credits: ½**

**Prerequisite: Beginning Swimming for Fitness**

Intermediate swimmers with moderate skill level will review the rudiments of stroke development as taught in Beginning Swimming before progressing into Intermediate Swimming. Based on each individual's ability and competency, greater emphasis is placed on conditioning. Individual drill and stroke refinement will be included regularly. Students are introduced to advanced skills as they relate to competitive swimming. These skills include but are not limited to, flip turns, competitive starts and finishes. **This course will be taught at the MISD Natatorium.**

**ATHLETIC TRAINER**

**Course Number: 4031**

**Placement: 9-12**

**Credits: 1**

**Prerequisite: Student Application**

This course is designed to give students the opportunity to provide preventative, evaluative, and rehabilitative care of athletic injuries at his/her high school campus. Students are required to work all year with a minimum of 2 sports determined by the head athletic trainer. Students are required to attend all practices and games of the assigned sports. This course counts as PE credit.

**SPORTS MEDICINE**

**Course Number 4039**

**Placement: 9-12**

**Credits: ½**

**Prerequisite: Student Application**

This course provides an opportunity for the study and application of the components of sports medicine including but not limited to: sports medicine related careers, organizational and administrative considerations, prevention of athletic injuries, recognition, evaluation, and immediate care of athletic injuries, rehabilitation and management skills, taping and wrapping techniques, First Aid/CPR emergency procedures, nutrition, sports psychology, human anatomy and physiology, therapeutic modalities, and therapeutic exercise.

**PEER ASSIST PE**

**Course Number 9722**

**Placement: 9-12**

**Credits: ½ - 1**

**Prerequisite: Approval Required**

Partners in PE pairs general education students with special education peers in an integrated physical education class. General education students assist peers in PE activities, while also developing leadership capacity and learning valuable skills about working with others. This course encompasses all learning objectives for a physical education course and does count toward the PE graduation requirement.

**JV DRILL TEAM**

**Course Number 4081**

**Placement: 9**

**Credits: ½ - 1**

**Prerequisite: Try-Outs**

This course is designed for students who wish to learn and improve their technical dance skills based on classical ballet and jazz. Students will learn dance routines using proper carriage, presentation and group performance skill. Each student will be a member of the JV Drill team. **Students will be expected to purchase uniform, shoes, leotards, poms, and tights. (About \$400-\$450)** This team will be a performing group and as such will have some after school practices and performances. This group will be under the UIL guidelines regarding No Pass/No Play. The first year a student successfully completes Drill Team they will receive one PE credit substitution. The subsequent years will receive Fine Arts credit for Dance certified instructor.

**VARSITY DRILL TEAM I, II, III, IV**

**Course Number 4071, 4072, 4073, 4074**

**Placement: 10-12**

**Credits: ½ - 1 per course**

**Prerequisite: Try-outs & JV Drill Team**

Drill Team is a performing group for various athletic events and other school functions. Tryouts are held during the spring term of the preceding year. Drill Team members participate in various statewide competitions. Students are expected to purchase uniforms. The first year a student successfully completes Drill Team they will receive one PE credit substitution. The subsequent years will receive Fine Arts credit for Dance certified instructor.

**CHEERLEADING I, II, III, IV**

**Course Number: 4085 (Local= 4083, 4084, 4091)**

**Placement: 9-12**

**Credits: ½ - 1 per course**

**Prerequisites: Try-outs**

Cheerleaders are expected to perform at athletic events and functions throughout the school year. Tryouts are held during the spring term of the preceding year. Uniforms are required and summer cheerleading camp is mandatory. The first year (4085) a student successfully completes cheerleading they will receive one PE credit substitution. Each subsequent year they will receive local credit.

**ATHLETICS**

**Course Numbers: Listed Below in Chart**

**Placement: 9-12**

**Credits: ½ - 4 (State) 4 ½ – 8 (Local)**

**Prerequisite: Approval of Head Coach/Try-outs**

The Mansfield Independent School District Athletic Department offers a full range of UIL sponsored Competitive athletic activities for young men and women. These courses will include such things as rules of the game, proper sportsmanship, training in skill and techniques, physical conditioning, and competitive sports versus other UIL high schools.

GIRLS' ATHLETICS	BOYS' ATHLETICS
<b>Freshman Volleyball</b> Course Numbers: 4102	<b>Freshman Football</b> Course Numbers: 4211
<b>Freshman Basketball</b> Course Numbers: 4101	<b>Freshman Basketball</b> Course Numbers: 4212
<b>JV/Varsity Volleyball I-IV</b> Course Numbers: 4111-4114	<b>JV/Varsity Football I-IV</b> Course Numbers: 4251-4254
<b>Girls' JV/Varsity Basketball I-IV</b> Course Numbers: 4121-4124	<b>Boys' JV/Varsity Basketball I-IV</b> Course Numbers: 4221-4224
<b>Cross Country/Track and Field I-IV</b> Course Numbers: 4171-4174	<b>Boys' JV/Varsity Soccer I-IV</b> Course Numbers: 4261-4264
<b>Girls' JV/Varsity Soccer I-IV</b> Course Numbers: 4151-4154	<b>JV/Varsity Baseball I-IV</b> Course Numbers: 4201-4204
<b>Softball I-IV</b> Course Numbers: 4161-4164	<b>Cross Country/Track and Field I-IV</b> Course Numbers: 4281-4284
<b>Swimming I-IV</b> Course Numbers: 4331-4334	<b>Golf I-IV</b> Course Numbers: 4301-4304
<b>Tennis I-IV</b> Course Numbers: 4311- 4321	<b>Swimming I-IV</b> Course Numbers: 4331-4334
<b>Golf I-IV</b> Course Numbers: 4301-4304	<b>Tennis I-IV</b> Course Numbers: 4311-4314