

2017-18 Freshman Course Offerings

Pine Creek Physical Education/Health

- Freshmen should register for a Health class and 1 PE Class their freshman year.
- 1 Health and 3 PE Credits are required for graduation.
- *Outside participation in physical activities including school and club sports, dance, etc. cannot be used for a Physical Education credit.

Health and Wellness

Course Number: 081000 **Grade:** 9
Length: 1 Semester **Fee:**
Prerequisite: None
Notes: Required Course

Description:

Health and Wellness is a graduation requirement for Academy District 20 and is to be taken during the freshman year. Students will be introduced to the social, physical, mental and emotional aspects of healthy lifestyles. This course includes human sexuality.

Modified Health and Wellness

Course Number: 081005 **Grade:** 9
Length: 1 Semester **Fee:**
Prerequisite: None

Description:

Modified Health and Wellness is a graduation requirement for Academy District 20 and is to be taken during the freshman year. Students will be introduced to the social, physical, mental, and emotional aspects of healthy lifestyles. This course will exclude human sexuality.

Introduction to Physical Education

Course Number: 080000 **Grade:** 9
Length: 1 Semester **Fee:**
Prerequisite: None

Description:

This is a recommended freshman class in which the student will assess personal fitness status in terms of cardiovascular endurance, muscular strength and endurance, and flexibility. Students will be introduced to various team and aquatic (where facilities are available) activities on the introductory level.

Fitness Through Dance

Course Number: 083310 **Grade:** 9
Length: 1 Semester **Fee:**
Prerequisite: None

Description:

This class will explore fitness through dance. It may include the following dance styles: aerobic, country, folk, modern/jazz, hula, hip hop and ballet. During the semester students will dance to their favorite music as well as be exposed to a variety of new sounds. In addition, students may have the opportunity to observe dance performances and learn to appreciate the different styles of choreography. Comfortable pants and top are required.

Karate 1

Course Number: 083505 **Grade:** 9-12
Length: 1 Semester **Fee:** \$199 Due 2nd Week
Prerequisite: None

Description:

This course introduces the basics of traditional karate including its history, its ideology, and the benefits to individuals and society. This course will enhance the student's self-esteem, self-confidence, self-discipline, flexibility, and physical conditioning. Self-defense and conflict resolution techniques are also covered through the "Streetwise" program. There is a cost to this course which includes the uniform, access to all study materials through the internet site, and Association membership (which includes insurance). Belt testing (including the new belt, certificate, and registration of rank) and tournament fees are extra. (Mouth guard recommended for sparring).

Freshmen with room in their schedule can also register for Karate II to be taken 2nd semester.