

## HHS Health Enhancement Department Course Guide

*Students must earn 2 credits of Health Enhancement while at Hellgate, with .50 of those credits coming from Health. Students can then choose between Team Sport Challenge, Lifetime Activities, Perform Better and Focus on Fitness for the remaining 1.5 credits.*

### Overview

CODE	DESCRIPTION	GRADE	TERM	CREDIT TYPE	PREREQ
REQUIRED COURSES					
HE0200	HEALTH	9	SEM	HE	None
ELECTIVE COURSES					
HE0400	LIFETIME ACTIVITY	9-12	SEM	HE	None
HE0500	PERFORM BETTER	9-12	SEM	HE	None
HE0555	FOCUS ON FITNESS	9-12	SEM	HE	None
HE0570	TEAM SPORT CHALLENGE	9-12	SEM	HE	None
HE0800	WEIGHT TRAINING & CONDITIONING	9-12	SEM	HE	None

*Denotes: Freshman Classes*

## HHS Physical Education. Course Descriptions

Course Name	Course No.	Grades	Length	Credit
<b>HEALTH</b> <u>Prerequisite:</u> None	HE0200	9	SEM	0.5 HE per sem.
This <u>required course</u> teaches the importance of practicing a healthy lifestyle. Students will have the opportunity to develop skills in a variety of activities including team, dual, outdoor pursuits, strength and conditioning, and rhythms. Basic fitness concepts are taught and students work toward improving and maintaining their fitness levels. In the classroom, age appropriate health concepts are learned in select health content areas (such as family life, substance abuse). Students learn and practice communication and decision making skills to enhance their health				
<b>LIFETIME ACTIVITY</b> <u>Prerequisite:</u> None	HE0400	9-12	SEM	0.5 HE per sem.
This course focuses on activities that promote maintaining an active lifestyle. Examples include, but are not limited to: pickleball, badminton, bowling, archery, ultimate frisbee, table tennis, spikeball, snowshoeing, skiing, golf, ice fishing, tennis, hiking, jogging. Includes two days per week of fitness and three days of activity.				
<b>PERFORM BETTER</b> <u>Prerequisite:</u> None	HE0500	9-12	SEM	0.5 HE per sem.
This course focuses on traditional team sports. Examples include, but are not limited to: basketball, football, soccer, lax, rugby, floor hockey, volleyball, ultimate frisbee, softball and fitness activities including plyometrics, jogging, fitness circuits. Includes three days of weight training, two days of Team Sport activities.				
<b>FOCUS ON FITNESS</b> <u>Prerequisite:</u> None	HE0555	9-12	SEM	0.5 HE per sem.
This course places an emphasis on continuing and improving aerobic development, enjoying movement and valuing physical activity and fitness in a student's life. Examples include, but are not limited to: yoga, pilates, aerobic activities, crossfit, circuits, core, tabata, high intensity interval training, flexibility, strength training				
<b>TEAM SPORT CHALLENGE</b> <u>Prerequisite:</u> None	HE0570	9-12	SEM	0.5 HE per sem.
This course focuses on traditional team sports. Examples include, but are not limited to: basketball, football, soccer, lax, rugby, floor hockey, volleyball, ultimate frisbee, softball and fitness activities including plyometrics, jogging, fitness circuits. Includes two days per week of fitness and three days of activity.				
<b>BEGINNING WEIGHT TRAINING</b> <u>Prerequisite:</u> None	HE0800	9-12	SEM	0.5 HE per sem.
This is a rigorous course in which students should be able to train at a higher intensity to improve their fitness and performance levels. Activities include, but are not limited to: The use of free weights for basic lifts such as bench press, power clean, front/back squat, deadlift, etc., resistance bands for various strength training exercises and a variety of warm-up, speed/agility and conditioning drills.				