

Courses

Physical Education, Wellness, and JROTC Military Service

Physical Education Graduation Requirement (1 Credit), Wellness Graduation Requirement (1 Credit)

Aerobic Fitness

Recommended Prerequisite:

None

Grades Offered: 9-12

Credit: ½

SDE Course Code: 3399

MNPS Course Code: PER3500

This course is designed to provide opportunities to improve cardiovascular fitness and will incorporate health appraisal, fitness evaluation, identification of cardiovascular risk factors and individual exercise prescriptions. This course could include: jogging, aerobic dance, step aerobics, body sculpting, rhythmic activities, power walking, circuit training and knowledge of how to stay aerobically fit for a lifetime.

Archery

Recommended Prerequisite:

None

Grades Offered: 9 - 12

Credit: ½

SDE Course Code: 3399

MNPS Course Code: PER3611

This course involves instruction and practice in the care and handling of tackle, in target shooting, field archery, archery games and tournament shooting.

Bowling

Recommended Prerequisite:

None

Grades Offered: 9 - 12

Credit: ½

SDE Course Code: 3399

MNPS Course Code: PER3621

This course in the fundamentals of bowling will be offered in a limited number of schools if funds are approved.

Folk Dance

Recommended Prerequisite:

None

Grades Offered: 9 - 12

Credit: ½

SDE Course Code: 3399

MNPS Course Code: PER3550

This course involves study and practice of folk dance of many countries. American folk and square are included, as well as European, Mexican, etc., but emphasis is on balanced offerings. Students are expected to gain proficiency and participate in exhibitions if sponsored by their school.

Golf

Recommended Prerequisite:

None

Grades Offered: 9 - 12

Credit: ½

SDE Course Code: 3399

MNPS Course Code: PER3631

This course involves introduction to golf: the game, its rules and etiquette, instruction and practice in skill development, using irons and woods, and in putting.

Gymnastics

Recommended Prerequisite:

None

Grades Offered: 9 - 12

Credit: ½

SDE Course Code: 3399

MNPS Course Code: PER3651

This course involves instruction in gymnastic events and apparatus. Instruction will include floor exercise, balance beam, parallel bars, horizontal bar and vaulting.

Lifetime Activities

Recommended Prerequisite:

None

Grades Offered: 9 - 12

Credit: ½

State Code: 3399

MNPS Course Code: PER3509

This course is designed to offer a wide variety of activities that can be

pursued throughout a lifetime. Activities could include: tennis, golf, bowling, jogging, power walking, bicycling, roller blading and different dance styles.

Lifetime Wellness

Recommended Prerequisite:

None

Grades Offered: 9 - 12

Credit: ½, 1

SDE Course Code: 3303

MNPS Course Code: HLT3801

This is a one-year continuous course that enables students to understand lifelong health and wellness practices and issues. The course also provides students with the opportunity to participate in fitness activities, and individual and dual sports. No other class can substitute for Lifetime Wellness.

Modern Dance

Recommended Prerequisite:

None

Grades Offered: 9 - 12

Credit: ½

SDE Course Code: 3399

MNPS Course Code: PER3555

This course involves the techniques and conditioning for modern dance, creative interpretations and choreography.

Outdoor Education

Recommended Prerequisite:

None

Grades Offered: 9 - 12

Credit: ½

State Code: 3510

MNPS Course Code: PER3510

This course involves the study of and participation in outdoor activities and will include skill development in these areas. Activities may include: rock climbing and rappelling, mountain biking, orienteering, camping, fishing, hiking, survival

skills, first aid and safety, as well as various other outdoor recreational activities.

Physical Activity for Stress Management

Recommended Prerequisite:
None
Grades Offered: 9 - 12
Credit: ½
State Code: 3399
MNPS Course Code: PER3623

This course is designed to provide a wide variety of physical activities, strategies and techniques to effectively manage stress. Techniques and strategies could include yoga, meditation, Pilates, stretching and flexibility training and others.

Physical Education I

Recommended Prerequisite:
None
Grades Offered: 9 - 12
Credit: ½
SDE Course Code: 3301
MNPS Course Code: PER3111

This is a continuing course that emphasizes maintenance of fitness through a conditioning program and the mastery of multiple skills through continued participation in team games, rhythms and stunts and tumbling, plus the introduction of some individual and recreational sports. All activities are offered in such variety that each student should find something that he/she might enjoy and in which he/she might excel.

Physical Education II

Recommended Prerequisite:
Physical Education I
Grades Offered: 9 - 12
Credit: ½
SDE Course Code: 3302
MNPS Course Code: PER3211

This is a continuing course that emphasizes maintenance of fitness through a conditioning program, and the mastery of multiple skills through continued participation in team games, rhythms and stunts and tumbling, plus the introduction of some individual and recreational sports. All activities are offered in such variety that each student

should find something that he/she might enjoy and in which he/she might excel.

Physical Education III

Recommended Prerequisites:
Physical Education I and II
Grades Offered: 10 - 12
Credit: ½
SDE Course Code: 3399
MNPS Course Code: PER3311

This is a continuing course that emphasizes maintenance of fitness through a conditioning program and the mastery of multiple skills through continued participation in team games, rhythms and stunts and tumbling, plus the introduction of some individual and recreational sports. All activities are offered in such variety that each student should find something that he/she might enjoy and in which he/she might excel.

Physical Education IV

Recommended Prerequisites:
Physical Education I, II and III
Grades Offered: 10 - 12
Credit: ½
SDE Course Code: 3399
MNPS Course Code: PER3411

This is a continuing course that emphasizes maintenance of fitness through a conditioning program and the mastery of multiple skills through continued participation in team games, rhythms and stunts and tumbling, plus the introduction of some individual and recreational sports. All activities are offered in such variety that each student should find something that he/she might enjoy and in which he/she might excel.

Racquet Sports

Recommended Prerequisite:
None
Grades Offered: 9 - 12
Credit: ½
State Code: 3399
MNPS Course Code: PER3622

The purpose of this course is to introduce students to the basic fundamentals, rules, regulations, strategy and etiquette of both individual and dual racquet sports. These

sports could include: badminton, table tennis, pickle ball, racquetball and deck tennis.

Recreational Games

Recommended Prerequisite:
None
Grades Offered: 9 - 12
Credit: ½
SDE Course Code: 3399
MNPS Course Code: PER3504

Recreational Games is a study of, and participation in, games and sports that are recreational for the individual and family groups, at homes, in parks, vacation resorts, etc. Activities will include deck tennis, table tennis, paddle tennis, shuffleboard, horseshoes, bowling, badminton and volleyball.

Self-Defense

Recommended Prerequisite:
None
Grades Offered: 9 - 12
Credit: ½
State Code: 3399
MNPS Course Code: PER3502

This course is designed to introduce students to the expletory self-defense techniques. Activities could include: basic self-defense, Tae Kwon Do, karate and kickboxing.

Swimming and Water Safety-Advanced

Recommended Prerequisite:
Ability to swim
Grades Offered: 9 - 12
Credit: ½
SDE Course Code: 3399
MNPS Course Code: PER3603

This course is designed to enable students who have a particular interest in swimming to develop maximum knowledge and skills in water related activities.

Team Games I

Recommended Prerequisite:
None
Grades Offered: 9 - 12
Credit: ½
State Code: 3399
MNPS Course Code: PER3503

This course is a study of and participation in a variety of team games and will include skill development and knowledge of history, rules, strategies and etiquette of these activities. Activities will include: football, volleyball, basketball, soccer, baseball, softball and officiating.

Team Games II

Recommended Prerequisite:

None

Grades Offered: 9 - 12

Credit: ½

State Code: 3399

MNPS Course Code: PER3593

This course is a continued study of and participation in a variety of team games and will include skill development and knowledge of history, rules, strategies and etiquette of these activities. Activities will include: football, volleyball, basketball, soccer, baseball, softball and officiating.

Tennis

Recommended Prerequisite:

None

Grades Offered: 9 - 12

Credit: ½

SDE Course Code: 3399

MNPS Course Code: PER3641

This course involves instruction in strokes and rules of court and lawn tennis. It also includes practice and skill development in the singles and doubles game, in game strategy and tournament play.

Weight Training I

Recommended Prerequisite:

None

Grades Offered: 9 - 12

Credit: ½

State Code: 3399

MNPS Course Code: PER3505

This course is designed to teach students the safe and effective techniques of weight training. The focus of the course will be on upper and lower body strength and endurance training. Activities could include free weights and weight machines.

Weight Training II

Recommended Prerequisite:

Weight Training I

Grades Offered: 9 - 12

Credit: ½

State Code: 3399

MNPS Course Code: PER3506

This course is designed to teach students the safe and effective techniques of weight training. The focus of the course will be on upper and lower body strength and en-

durance training. Activities could include free weights and weight machines.

Weight Training III

Recommended Prerequisites:

Weight Training I and II

Grades Offered: 9-12

Credit: ½

State Code: 3399

MNPS Course Code: PER3507

This course is designed to teach students the safe and effective techniques of weight training. The focus of the course will be on upper and lower body strength and endurance training. Activities could include free weights and weight machines.

Weight Training IV

Recommended Prerequisites:

Weight Training I, II and III

Grades Offered: 9 - 12

Credit: ½

State Code: 3399

MNPS Course Code: PER3508

This course is designed to teach students the safe and effective techniques of weight training. The focus of the course will be on upper and lower body strength and endurance training. Activities could include free weights and weight machines.

JROTC Military Service

Course Descriptions

Students enrolled in JROTC in a school with six periods can earn one (1) credit per year, up to four (4) credits maximum. Students enrolled in JROTC in block-scheduled schools may earn one (1) credit per semester, up to eight (8) credits maximum.

JROTC I

Recommended Prerequisite:

None

Grades Offered: 9 - 12

Credit: ½, 1

SDE Course Code: 3335

MNPS Course Code: PER3901

Air Force Junior Reserve Officer Training Corps

JROTC I is the first course in a series of four that helps today's high school students become tomorrow's aerospace-age citizens. The curriculum integrates social studies

and physical sciences through their application to aerospace. The three-year course of study includes history of aviation and aviation's impact on society, meteorology, navigation, propulsion, principles of flight, aerospace industry, and the career opportunities it provides and international implications of space operations. Approximately 40 percent of the program is devoted to leadership and related subjects.

Army Junior Reserve Officer Training Corps

The mission of Army ROTC is to motivate young people to be better Americans. JROTC is a stimulus which promotes high school graduation as a prerequisite to success in adult life. This program prepares students for responsible leadership roles while making them aware of their rights and privileges, as well as their responsibilities as American citizens. JROTC concentrates on teaching teamwork. Sub-courses include drug resistance, self-esteem, effective communication, physical fitness, marksmanship, history, map reading, first aid

and how to lead. This course is open to both male and female students in grades 9-12. There is absolutely no obligation to join the military and no cost to students. The U.S. Army or MNPS will furnish all supplies and equipment.

JROTC II

Recommended Prerequisite:

JROTC I

Grades Offered: 10 - 12

Credit: ½, 1

SDE Course Code: 3335

MNPS Course Code: PER3902

Air Force Junior Reserve Officer Training Corps

JROTC II is the second course in a four course series that helps today's high school students become tomorrow's aerospace-age citizens. The curriculum integrates social studies and physical sciences through their application to aerospace. The three-year course of study includes history of aviation and aviation's impact on society, meteorology, navigation, propulsion, principles of flight, aerospace industry, and the career opportunities it provides and international implications of space operations. Approximately 40 percent of the program is devoted to leadership and related subjects.

Army Junior Reserve Officer Training Corps

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MNPS will furnish all supplies and equipment.

JROTC III

Recommended Prerequisites:

JROTC I and II

Grades Offered: 11 - 12

Credit: ½, 1

SDE Course Code: 3335

MNPS Course Code: PER3903

Air Force Junior Reserve Officer Training Corps

JROTC III is a program that helps today's high school students become tomorrow's aerospace-age citizens. The curriculum integrates social studies and physical sciences through their application to aerospace. The three-year course of study includes history of aviation and aviation's impact on society, meteorology, navigation, propulsion, principles of flight, aerospace industry, and the career opportunities it provides and international implications of space operations. Approximately 40 percent of the program is devoted to leadership and related subjects.

Army Junior Reserve Officer Training Corps

The mission of Army JROTC is to motivate young people to be better Americans. JROTC is a stimulus which promotes high school graduation as a prerequisite to success in adult life. This program prepares students for responsible leadership roles while making them aware of their rights and privileges, as well as their responsibilities as American citizens. JROTC concentrates on teaching teamwork. Sub-courses include drug resistance, self-esteem, effective communication, physical fitness, marksmanship, history, map reading, first aid and how to lead. This course is open to both male and female students. There is absolutely no obligation to join the military and no cost to students. The U.S. Army or Metro Schools will furnish all supplies and equipment.

JROTC IV

Recommended Prerequisites:

JROTC I, II and III

Grades Offered: 12

Credit: ½, 1

SDE Course Code: 3335

MNPS Course Code: PER3904

Air Force Junior Reserve Officer Training Corps

JROTC IV is the final course in a four course series that helps today's high school students become tomorrow's aerospace-age citizens. The curriculum integrates social studies and physical sciences through their application to aerospace. The three-year course of study includes history of aviation and aviation's impact on society, meteorology, navigation, propulsion, principles of flight, aerospace industry, and the career opportunities it provides and international implications of space operations. Approximately 40 percent of the program is devoted to leadership and related subjects.

Army Junior Reserve Officer Training Corps

The mission of Army JROTC is to motivate young people to be better Americans. JROTC is a stimulus which promotes high school graduation as a prerequisite to success in adult life. This program prepares students for responsible leadership roles while making them aware of their rights and privileges, as well as their responsibilities as American citizens. JROTC concentrates on teaching teamwork. Sub-courses include drug resistance, self-esteem, effective communication, physical fitness, marksmanship, history, map reading, first aid and how to lead. This course is open to both male and female students. There is absolutely no obligation to join the military and no cost to students. The U.S. Army or Metro Schools will furnish all supplies and equipment.