

# Health Enhancement

Students are required to take 1.5 credits in Health Enhancement

All students need to take  
Health Enhancement 1 (Full Year) 9 or 10

Students may select their other .5 credit from the following:

Activities  
9, 10

Low Impact Fitness  
9, 10, 11, 12

Community Fitness  
Skyview 10, 11, 12  
Senior & West 11, 12

Fitness Conditioning  
10, 11, 12

Sports Medicine  
11, 12

Advanced Activities 11, 12

Lifetime Skills  
11, 12

Introduction to Officiating and Coaching Youth Sports  
11, 12

**HEALTH  
ENHANCEMENT**

**Health Enhancement 1** **Credit 1** **9, 10**

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**Course Name** **Semester 1 & 2** **Grade Level**

**Course Description:** Health Enhancement 1 is a two semester course which meets daily and combines the delivery of health education into one curriculum which emphasizes health, fitness, wellness and social responsibility. This course includes all of the components of a comprehensive Health Education Curriculum and those of Physical Education.

**Prerequisite Courses:** None

**Applies Toward Graduation Requirements of:** One credit in physical education over a two-year period and 1/2 credit in health instruction are required by the state of Montana for graduation.

**Activities** **Credit 1/2** **9, 10**

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**Course Name** **Semester 1 or 2** **Grade Level**

**Course Description:** Activities is a one semester elective course offered at the freshman and sophomore year. This course was designed as an *introduction* to individual and team sports emphasizing sportsmanship and enhancing the concepts of working cooperatively as a group. Students will also develop goals related to personal fitness and lifelong health.

**Prerequisite Courses:** None

**Applies Toward Graduation Requirements of:** One credit in physical education over a two-year period and 1/2 credit in health instruction are required by the state of Montana for graduation. This meets the required .5 credit for Health Enhancement.

**Low Impact Fitness** **Credit 1/2** **9, 10, 11, 12**

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**Course Name** **Semester 1 or 2** **Grade Level**

**Course Description:** Low Impact Fitness is a semester course which meets daily and combines various low impact exercises with personal weight and fitness goal setting. Students will monitor their progress through journaling a series of fitness and body fat testing. This course is designed for students interested in improving their current fitness level. It is designed for, but not limited to students with low fitness levels, weight problems, or existing health problems.

**Prerequisite Courses:** None

**Applies Toward Graduation Requirements of:** One credit in physical education over a two-year period and 1/2 credit in health instruction are required by the state of Montana for graduation. This meets the required .5 credit for Health Enhancement.

**HEALTH  
ENHANCEMENT**

<b>Community Fitness - Skyview</b>	<b>Credit 1/2</b>	<b>10, 11, 12</b>
<b>Community Fitness - Senior &amp; West</b>	<b>Credit 1/2</b>	<b>11, 12</b>

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<b>Course Name</b>	<b>Semester 1 or 2</b>	<b>Grade Level</b>
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**Course Description:** This is a semester long course which meets 2-5 times a week off campus and combines a variety of fitness and exercise components. Students learn the importance of lifetime fitness as they assess their own fitness levels, develop personal fitness goals, and monitor their progress.

**Prerequisite Courses:** Health Enhancement 1

**Applies Toward Graduation Requirements of:** One credit in physical education over a two-year period and 1/2 credit in health instruction are required by the state of Montana for graduation. This meets the required 1/2 credit for Health Enhancement.

<b>Fitness Conditioning</b>	<b>Credit 1/2</b>	<b>10, 11, 12</b>
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<b>Course Name</b>	<b>Semester 1 or 2</b>	<b>Grade Level</b>
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**Course Description:** Through the basic concepts of strength and cardiovascular conditioning, the students learn the importance of lifetime fitness as they assess their own fitness levels, develop personal fitness goals, and monitor their progress. This course is designed for students who want to develop personal weight/fitness goals.

**Prerequisite Courses:** None

**Applies Toward Graduation Requirements of:** One credit in physical education over a two-year period and 1/2 credit in health instruction are required by the state of Montana for graduation. This meets the required 1/2 credit for Health Enhancement.

<b>Sports Medicine</b>	<b>Credit 1/2</b>	<b>11, 12</b>
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<b>Course Name</b>	<b>Semester 1 or 2</b>	<b>Grade Level</b>
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**Course Description:** This course is designed to teach the student basic human anatomy, physiology and kinesiology as it relates to exercise and athletics. Students will learn basic concepts of injury prevention, recognition and rehabilitation as well as conditioning and athletic nutrition. The course is based on a lecture/discussion format and will include hands-on laboratory sessions with periodic professional speakers from the field of sports medicine. This course helps prepare students to be trainers within the high school athletic programs.

**Prerequisite Courses:** Health Enhancement 1

**Applies Toward Graduation Requirements of:** One credit in physical education over a two-year period and 1/2 credit in health instruction are required by the state of Montana for graduation. This meets the required 1/2 credit for Health Enhancement.

**HEALTH  
ENHANCEMENT**

**Advanced Activities** **Credit 1/2** **11, 12**

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**Course Name** **Semester 1 or 2** **Grade Level**

**Course Description:** Advanced Activities is a one semester elective course offered at the junior and senior year. The curriculum is designed to explore and expand team and dual sports emphasizing sportsmanship and enhancing the concepts of working cooperatively as a group. Students will also develop goals related to personal fitness and lifelong health.

**Prerequisite Courses:** Health Enhancement 1

**Applies Toward Graduation Requirements of:** One credit in physical education over a two-year period and 1/2 credit in health instruction are required by the state of Montana for graduation. This meets the required 1/2 credit for Health Enhancement.

**Lifetime Skills** **Credit 1/2** **11, 12**

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**Course Name** **Semester 1 or 2** **Grade Level**

**Course Description:** Lifetime Skills is a one semester course for elective credit offered at the junior and senior year. The curriculum is designed to explore and expand leisure activities with a goal of developing overall health and fitness personal goals.

**Prerequisite Courses:** Health Enhancement 1

**Applies Toward Graduation Requirements of:** One credit in physical education over a two-year period and 1/2 credit in health instruction are required by the state of Montana for graduation. This meets the required 1/2 credit for Health Enhancement.

**Introduction to Officiating  
And Coaching Youth Sports –West & Senior** **Credit 1/2** **11, 12**

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**Course Name** **Semester 1 or 2** **Grade Level**

**Course Description:** This course is designed to teach students the basics of officiating and/or coaching sports. Students will learn basic concepts of officiating associated with learning how to become a beginning MOA official. This class will include classroom, lab and hands on sessions with active MOA officials from the community.

**Prerequisite Courses:** Health Enhancement 1

**Applies Toward Graduation Requirements of:** One credit in physical education over a two-year period and 1/2 credit in health instruction are required by the state of Montana for graduation. This meets the required 1/2 credit for Health Enhancement.

**Personal Growth and  
Leadership Development – Senior Only Credit 1/2**

**11, 12**

**Course Name**

**Semester 1 or 2**

**Grade Level**

**Course Description:** This course is designed to help students define, assess, identify leadership and enhance personal growth through leadership. Students will learn basic concepts of leadership, effective communication, establishment of a personal vision/ mission and team building essentials. The course is based on lecture discussion format with periodic speaker to demonstrate various styles of successful leaders. This class will include various off campus activities to enhance leadership.

**Prerequisite Courses:** None

**Applies Toward Graduation Requirements of:** 6 ½ Elective credits

**Weight Training**

**Credit 1/2**

**9, 10, 11, 12**

**Course Name**

**Semester 1 or 2**

**Grade Level**

**Course Description:** This course offers students the opportunity to develop a higher level of aerobic fitness and strength necessary for competing in high school athletics. The students will learn and develop several techniques used to improve athletic skill, strength and flexibility. With the use of free weights, plyometrics, agility and cardiovascular exercises, students will enhance their basic and skill related fitness components. This course is extremely demanding with mandatory attendance, participation and effort. Proper clothing is a daily requirement.

**Prerequisite Courses:** None

**Applies Toward Graduation Requirements of:** 6 ½ Elective credits