

Physical Education

State law requires all students to complete two credits (four semesters) of physical education and/or aquatics. Although it is strongly recommended that the requirement be met as early as possible during the 8 semesters of high school, any of the 8 semesters may be used to fulfill the requirement. When the two-credit requirement has been completed, additional courses in P.E. and/or aquatics may be taken as elective subjects.

P.E. Exemptions: The Nevada State Board of Education allows a school district to exempt a pupil from a maximum of one credit in physical education, if the pupil participates in school-sponsored interscholastic athletics or on a school-sponsored drill team, marching band, dance group, or cheerleading squad if:

1. The activity is sponsored by the school; and
2. The pupil actively participates in the activity for at least 60 hours to waive ½ credit, or for at least 120 hours to waive 1 credit; and the pupil completes the activity in good standing to waive credit.

Course Name	Health
Course #	5311
Credit	.5 credit
Length	Semester
Grades	9-12
Prerequisite	None
Cost to student	None

The State of Nevada guidelines for Health Education state that "To qualify for a standard diploma, evidencing graduation from high school, a student must earn at least one-half credit in health. The course shall include instruction in physical, mental, emotional, and social aspects of one's health." In Washoe County, that requirement can be met through completion of this Health Course or through completion of five semesters of HSROTC or through the completion of a Child Development I course. Topics covered in the WCSD Course of Study for Health include: Body structure and function, Physical and emotional development, Drugs, alcohol, and tobacco, Disease and disorders, Fitness and exercise, Nutrition, Consumer health, Safety, first aid, and emergency care, Family health, growth, and development, Environmental health and related fields, Community health, Health careers, Human sexuality and HIV/AIDS*.

Course Name	General Physical Education
Course #	5101/5102
Credit	.5 credit/semester, PE credit
Length	Semester/Year, repeatable
Grades	9
Prerequisite	None
Cost to student	Mandatory cost of PE uniform (\$15 if bought from school)

This course is designed for the student who desires a variety of sports, including most team, along with individual activities and physical fitness. First year PE students should select this course to develop the background necessary to take upper level PE courses. General Physical Education classes at Hug High School are gender specific.

Course Name	Aerobics
Course #	5151/5152
Credit	.5 credit/semester, PE credit
Length	Semester/Year, repeatable
Grades	10-12
Prerequisite	1 year of regular PE or instructor's approval
Cost to student	Cost of PE uniform (\$15 if bought from school)

This course is designed to build the fitness level of the student through a variety of activities such as aerobic training, power walking, rhythm activities, resistance training, martial arts, self-defense, and more.

Course Name	Volleyball
Course #	5191/5192
Credit	.5 credit/semester, PE credit
Length	Semester/Year, repeatable
Grades	10-12
Prerequisite	1 year of regular PE or instructor's approval
Cost to student	Cost of PE uniform (\$15 if bought from school)

This course will include the basic skills of volleyball: passing, setting, serving, attacking, and rules of the game. Also, other net sports will be included such as tennis, badminton, and volley-tennis. Emphasis will be on team and skill-building techniques.

Course Name	General Conditioning/Weight Training
Course #	5217/5218
Credit	.5 credit/semester, PE credit
Length	Semester/Year, repeatable
Grades	10-12
Prerequisite	1 year of regular PE or instructor's approval
Cost to student	Cost of PE uniform (\$15 if bought from school). Student may choose to purchase their own weight gloves and weight belts.

Course Name	Fitness/Weight Training
Course #	5213/5214
Credit	.5 credit/semester, PE credit
Length	Semester/Year, repeatable
Grades	10-12
Prerequisite	1 year of regular PE or instructor's approval
Cost to student	Cost of PE uniform (\$15 if bought from school). Student may choose to purchase their own weight gloves and weight belts.

This course will allow students to learn the fundamentals of strength development weight training. Students will be taught proper lifting techniques so as to then train with weights to improve strength, agility, stamina, and flexibility.

Course Name	Athletic Conditioning/Weight Training
Course #	5215/5216
Credit	.5 credit/semester, PE credit
Length	Semester/Year, repeatable
Grades	9-12
Prerequisite	Participant on a Hug athletic team.
Cost to student	Cost of PE uniform (\$15 is bought from school) Students may choose to purchase their own weight gloves and weight belts.

This course is designed for the Hug athlete to improve his strength, agility, flexibility and cardiovascular endurance through weight training and other conditioning methods, while team building with fellow athletes.

Course Name	Team Sports-Soccer
Course #	5171/5172
Credit	.5 credit/semester, PE credit
Length	Semester/Year, repeatable
Grades	10-12 (9 th with teacher approval)
Prerequisite	None
Cost to student	Cost of PE uniform (\$15 is bought from school)

This course is designed for the students to reach their full potential as a soccer player. The course will include lead-up games, fundamental skills and drills, conditioning and game playing, both outdoors and indoors.

Course Name	Basketball Conditioning
Course #	5203/5204
Credit	.5 credit/semester, PE credit
Length	Semester/Year, repeatable
Grades	10-12 (9 th with teacher approval)
Prerequisite	None
Cost to student	Cost of PE uniform (\$15 is bought from school)

For the basketball enthusiast who wants to improve his/her skills, learn how to dunk, and play all aspects of the game. Take a break every few weeks to enjoy some of the other sports, such as: badminton, tennis, floor hockey or lacrosse. All skill levels are welcome. No prerequisites required.

Course Name	Conditioning/Team Sports
Course #	5181/5182
Credit	.5 credit/semester, PE credit
Length	Semester/Year, repeatable
Grades	10-12 (9 th with teacher approval)
Prerequisite	None
Cost to student	Cost of PE uniform (\$15 is bought from school)

This course is designed for the field and net sports lover. It will cover many field sports (softball, flag football, soccer, and Frisbee). Net sports (basketball, badminton, volleyball and tennis) with a conditioning twist.

Course Name	Dance I
Course #	5241/5242
Credit	.5 credit/semester, PE credit
Length	Semester/Year, repeatable
Grades	10-12 (9 th with teacher approval)
Prerequisite	None
Cost to student	Cost of PE uniform (\$15 is bought from school)

And a 5,6,7,8....Get ready to learn the fundamentals of Dance. This class includes warming up, across the floor movements, vocabulary, choreography, and the beginning of production. You do not need any background in Dance just the will to learn. We will touch on ballet, modern, jazz, hip hop, and other contemporary forms of dance. This class will be ½ a credit towards P.E. or an elective class.

Course Name	Dance II
Course #	5247/5248
Credit	.5 credit/semester, PE credit
Length	Semester/Year, repeatable
Grades	10-12 (9 th with teacher approval)
Prerequisite	None
Cost to student	Cost of PE uniform (\$15 is bought from school)

Upgrade and expand your abilities and knowledge of Dance with an emphasis on movement and choreography learned in Dance I. This class will provide you the ability to improve on ballet, modern, jazz, hip hop, and other contemporary forms of dance. Productions and performances are the focus of Dance II. Dance I is a pre-requisite or approval of the Teacher. This class will be ½ a credit towards P.E. or an elective class

Course Name	Intro to Yoga
Course #	5252
Credit	.5 credit/semester, PE credit
Length	Semester/Year, repeatable
Grades	10-12 (9 th with teacher approval)
Prerequisite	None
Cost to student	Cost of PE uniform (\$15 is bought from school)

Get ready to get your "Om" on with Yoga! Increase your core strength and range of motion all while receiving 1/2 credit per semester from a certified Yoga and Pilates Instructor. All levels of strength and flexibility welcomed to be challenged and increased