



PE/Health

State law requires that all students pass four semesters of Physical Education or HSROTC. **When the four-semester requirement has been completed, additional courses in PE may be taken as an elective subject. It is recommended that a student complete eight semesters of PE.** McQueen High School is unable to provide a true "adaptive" PE program, so students who are unable to participate in PE class activities should investigate options such as HSROTC, Supplemental Credit Department's PE offerings, or seek a medical opinion exempting the student from regular PE activities. All students must successfully pass one semester of Health or a fifth semester of HSROTC in order to meet graduation requirements.

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 **two credits** if the student participates in four years of the McQueen Color Guard or Marching Band. Additional details on PE waivers are included in the table below. It is possible to satisfy the 2-year PE requirement in a single year by participating in one of the approved waiver activities each semester and by also being enrolled in a PE class for two semesters.

Students interested in Supervised Curriculum PE must meet strict eligibility requirements. Counselor and administrative approval must be obtained PRIOR to the first day of the semester in which the student wishes to participate. See your counselor for information.

PE Waiver

1. Athletes at McQUEEN HIGH SCHOOL may waive **ONE-HALF PE requirement** per sport, per season. The maximum number of credit requirements, which may be waived through this program, is one (1.0). Each student must take a minimum of one (1.0) PE credit in the fitness courses listed in this section, through the HSROTC program, or through the Supplemental Credit Department.
Students in the McQueen High School Marching Band or Drill Team may waive the two year PE Requirement provided they participate all four years of high school.
2. Waivers will only be earned after **SUCCESSFUL COMPLETION** of the sport or band activity, not simply after a given number of hours are earned.
3. Waivers will be noted on the student's transcript.
4. Athletic coaches will submit ROSTERS at the end of each season indicating the names of athletes who have successfully completed the season.
5. The following activities qualify for a PE Waiver:

Interscholastic Athletics:

- Baseball
- Basketball
- Cheer
- Cross Country
- Football
- Golf
- Rifle Team
- Skiing
- Soccer
- Softball
- Swimming/Diving
- Tennis
- Track and Field
- Volleyball
- Wrestling

McQueen Marching Band or Color Guard

FITNESS CLASS CLOTHING REQUIREMENTS:

Students in physical education classes held at McQueen High School will receive a class t-shirt upon payment of the lab fee. Students are expected to be prepared to dress for cold weather when appropriate. In addition to wearing the McQueen PE shirt every day, students must have a pair of shorts, sweats, a sweatshirt, socks, and tennis shoes with non-marking soles in their lockers at all times. Shorts, sweat pants, and the sweat shirt must be dress code appropriate and in black, blue, grey, or white. Shorts must be mid-thigh or longer in length. Students may purchase shorts for \$8. It is recommended that each student have a towel in their locker. In order to register and use a gym locker, students must supply their own combination lock or purchase one from their teacher for \$6. Locks that are put on a locker that have not been registered with the teacher will be removed and the contents of the locker will also be removed. Some specialized classes may require additional uniforms (see course descriptions).

PE/Health Course Descriptions

PE (for 9th graders)

Course #5101-5102
One Semester = 0.5 credit

Course Fee: \$10

This course is designed for all grade levels in which students are introduced to a variety of sports in three to five week units. These sports are divided into three categories: lifetime, team, and individual. Activities may include aerobics, badminton, basketball, flag football, jogging, pickle ball, soccer, softball, tennis, track, volleyball, and weight training. Emphasis is on the teaching of rules, skills, and strategies in the instructional sports as well as the recreational aspects of team sports. There are daily warm-up activities, which include cardiovascular runs and calisthenics. Students are expected to dress out in the required PE uniform on a daily basis.

PE 10-11-12

Course #5109-5110
One Semester = 0.5 credit

Course Fee: \$10

This course is designed for students in grades 10-12 in which students are introduced to a variety of sports in three to five week units. These sports are divided into three categories: lifetime, team, and individual. Activities may include aerobics, badminton, basketball, flag football, jogging, pickle ball, soccer, softball, tennis, track, volleyball, and weight training. Emphasis is on the teaching of rules, skills, and strategies in the instructional sports as well as the recreational aspects of team sports. There are daily warm-up activities, which include cardiovascular runs and calisthenics. Students are expected to dress out in the required PE uniform on a daily basis.

Basketball Conditioning

Course #5203-5204
One Semester = 0.5 credit

Course Fee: \$10

This course is designed for students who want to play the game of basketball to the best of their ability. The class will include in-depth instruction on the fundamental aspects of the game (shooting, dribbling, passing, defense, etc.). It is also designed to teach various team concepts, such as person-to-person defense, zone defense, offensive strategies, historical basketball facts and rules that govern the game.

Power Spinning

Course #5234-5235
One Semester = 0.5 credit

Course Fee: \$20

This course is designed to introduce the student to spinning as a lifetime aerobic activity. A typical class will include stretching warm up, cool down and a 40-minute spinning session. Topics relating to total fitness, such as target heart rate, metabolism, and nutrition will be discussed throughout the course. Additional activities will include strength training and various activities.

Introduction to Yoga

Course #5252-5255
One Semester = 0.5 credit

Course Fee: \$10
Optional Yoga Mat: \$12

This is an introduction to Yoga and the Pilates dynamic system of muscle conditioning. The course will provide a rejuvenating workout for your brain as well as for your body. The class will focus on fundamental practices of awareness, relaxation and conscious breathing which include the practice of postures, breath control, relaxation, light meditation, self-discipline and training of the mind body and concentration. Students will develop body awareness, increase vitality and peace of mind. Students will learn the names of Yoga postures and Pilates exercises. Students will be required to name postures and write their own workout. This class is combined with Power Walking, along with weight training, body strength workouts, a variety of aerobic, and functional fitness training. Writing assignments will be given to better understand the benefits of life-long wellness. Students are strongly encouraged to purchase their own yoga mats. Students are responsible for cleaning the yoga mat.

Weight Training/Conditioning

Course #5217-5218
One Semester = 0.5 credit

Course Fee: \$20

This course is designed for students who have a serious interest in beginning, intermediate and advanced weight training as well as physical conditioning. Students will learn to demonstrate safe and proper lifting techniques in a variety of lifting exercises that emphasize strength and power training. Emphasis will be placed on total body development through strength training, running, and speed and agility drills. Students interested in this course should have achieved above average grades in previous physical education courses as this course will be more physically demanding. The curriculum of this course is aligned with Nevada academic content standards.

Athletic Conditioning/Weight Training

Course #5215-5216
One Semester = 0.5 credit

Course Fee: \$20

This course is designed for those competitive athletes with previous weight training experience. This class will focus specifically on the physical and psychological needs of the competitive athlete in the areas of weight training, flexibility, plyometrics, and performance enhancement skills (i.e., relaxation, visual imagery, and goal setting). Students, with the help of the instructor, will develop and follow an individualized sport specific computerized strength-training program. Instructor approval recommended.

Team Sports - Baseball/Softball

Course #5171-5172
One Semester = 0.5 credit

Course Fee: \$10

Team Sports is designed for student/athletes to increase skills in their respective sport and/or fitness levels. Our mission is to help direct student athletes to focus on their individual sports goals, improve intrinsic motivation, and to pursue a healthy and active lifestyle. Lastly, our goal is to give our students the knowledge and experience to make informed decisions about proper nutrition and exercise outside the school walls.

Volleyball

Course #5191-5192
One Semester = 0.5 credit

Course Fee: \$10

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.

Health

Course #5311
One Semester = 0.5 credit

This course is a one semester course which covers the following topics: body 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.**Topics related to human sexuality and HIV/AIDS education are provided through the Sexuality, Health and Responsibility Education (S.H.A.R.E.) program - parent permission required.