

# Health and Physical Education

Assignment Code	Title	Description
08001	<b>* Physical Education (levels I, II, III, IV)</b>	Physical Education courses provide students with knowledge, experience, and an opportunity to develop skills by participating in more than one of the following sports or activities: team sports, individual/dual sports, recreational sports, fitness/conditioning activities and wellness and specialized training.
08002	<b>* Team Sports (levels I, II, III, IV)</b>	Team Sports courses provide students with knowledge, experience, and an opportunity to develop skills by participating in more than one team sport. Examples, but not limited to: volleyball, basketball, soccer, etc.
08003	<b>* Ind./Dual Sports (levels I, II, III, IV)</b>	Individual and Team Sports courses provide students with knowledge, experience, and an opportunity to develop skills by participating in more than one team sport. Examples, but not limited to: tennis, golf, badminton, jogging/running, etc.
08004	<b>* Recreation Education (levels I, II, III, IV)</b>	Recreation Education courses provide students with knowledge, experience, and opportunity to develop skills by participating in recreational activities in appropriate environments. Examples, but not limited to: croquet, Frisbee, wall climbing, bocce ball, fishing, hiking, biking, etc.
08005	<b>* Fitness / Conditioning Activities (levels I, II, III, IV)</b>	Fitness/Conditioning Activities courses emphasize conditioning activities that develop muscular strength, flexibility, cardiovascular fitness, agility, coordination, speed, balance, and muscular endurance.
08007	<b>Adapted Physical Education</b>	These courses provide physical education activities for students with special needs. The courses follow Individual Education Plans for students in the physical education curriculum, integrating students appropriately.
08016	<b>* Fitness for Life (levels I, II, III, IV)</b>	These courses emphasize acquiring knowledge and skills of lifetime physical fitness and participating in habit-forming lifetime fitness activities. Content may include nutrition, stress management, consumer issues, etc. Students are encouraged to develop and implement a personal fitness plan. (Districts that offer a combined Health Education and Physical Education course should use this code. For example Health & Wellness)
08017	<b>Physical Education supporting disciplines</b>	These courses provide the scientific-based support for the physical education field. These may include: biomechanics, sport physiology, kinesiology, motor development, anatomy and physiology, etc.
08018	<b>Specialized Training in Physical Education</b>	These courses emphasize activities that may lead to certification in the HPER field. These may include: sports officiating, strength and conditioning, First Aid, Life Guard, etc.

Assignment Code	Title	Description
08051	Health Education (levels I, II, III, IV)	Topics covered within Health Education courses may vary widely, but typically include personal health (nutrition, mental health and stress management, drug/alcohol abuse prevention, disease prevention, and first aid) and consumer health issues. The courses may also include brief studies of environmental health, personal development, and/or community resources.
		* Courses with an asterik are developmental in nature. Districts may sequence courses based on the student previous course history or the differentiated content of the course. Ex: A student may take a simlair course up to four times. The district may change the content of a simlair course up to four times. Districts and students have the flexibility to design courses that fit the student population, available facilities, and the personnel of the school district. School districts will be able to use a unique local title code to identify the specific course.