

Human Performance & Health

A minimum of 1.5 HP and .5 HE are required.

HUMAN PERFORMANCE AND HEALTH ENHANCEMENT REQUIREMENTS

A student must have 1.5 credits of Human Performance and 0.5 credits of Health Enhancement to graduate: Two (2) semesters of Freshmen Human Performance, one (1) semester of Sophomore Human Performance and one (1) semester of Health Enhancement. Junior and Senior students entering the Helena School District without the required Human Performance credits required to graduate, may select an elective to meet the graduation requirements. A student may only be enrolled in two Human Performance classes in the same semester. In Freshman and Sophomore classes, a pre and post physical assessment, the Fitnessgram, is required by the Helena School District.

Dress for Human Performance Class

To succeed in Human Performance, appropriate attire is necessary. Students are requested to wear a crew neck t-shirt with sleeves – t-shirt length covers the top of the shorts when arms are raised, shorts with sufficient length to cover the gluteal area or sweats, and tennis shoes that tie. Students' clothing must allow for safety and performance of movement and provide for modesty. **It is recommended that students wear the school colors of red, grey or white.**

Physical Education and Health Course Offerings

Grade 9	Grade 10	Grade 11	Grade 12
Required (pick one)	Required	No PE Requirements	No PE Requirements
Freshman HP Sports and Fitness Freshman HP Personal Wellness Freshman Weight Training	Sophomore H.P./Health Enhancement Sophomore Health Enhancement All Sophomores take either a semester of Soph PE/Health in opposite semesters or a full year of Sophomore Health Enhancement.	PE Electives Weight Training Athletic Training Lifetime Sports	PE Electives Weight Training Athletic Training Lifetime Sports

Freshman H.P.

**Required Grade: 9
Full Year – 1 Credit**

FRESHMAN HP CORE OPTIONS: Students must choose from the following year-long classes.

Freshmen will have three class options to satisfy their Freshmen Human Performance credit. The classes are co-ed and are designed to help students achieve and maintain a healthy level of physical fitness through fitness workouts and game play situations. All three class options will use the Fitnessgram twice a year for fitness testing and will do some type of conditioning activities at least twice a week, using heart rate monitors for at least one of those days. All students will be responsible for knowing the thirteen major muscle groups and an exercise that goes with each muscle, the FITT Principle and 5 Components of Fitness. All classes will participate in a dance unit twice during the year. Specific activities will be incorporated in each option to allow individual student success.

9100 Freshman HP Sports and Fitness Activities

Freshman Sports and Fitness Activities emphasize physical fitness improvement through participation in a variety of physical activities. Students learn how to achieve and maintain a healthy level of physical fitness through participation in fitness workouts and individual, dual and team sports. Students may be required to use heart rate monitors for their workouts.

9102 Freshman HP Personal Wellness

Freshman Personal Wellness emphasizes individual improvement in personal wellness. This class appeals to students who do not enjoy a traditional team sports environment. Students will learn how to achieve and maintain a healthy level of physical fitness by participating three days per week in a variety of individual and group fitness activities with a minimal amount of individual, dual and team activities. The primary focus of this class is improving personal wellness. Students will utilize heart rate monitors for their workout at least once per week.

9343 Freshman Weight Training

The emphasis of this class is to improve muscular strength/endurance, speed and agility through an athletic based workout program. Students will learn how to improve their health and skill related physical fitness. A minimal number of games are played in this class. Individual improvement is measured with the Fitnessgram, weight maxes, dot testing, and a variety of other assessment techniques. Students will utilize heart rate monitors for their workout once per week.

9200 Sophomore H.P.

**Required Grade: 10
Semester – .5 Credit**

The emphasis of this class is to expose students to lifetime activities along with a variety of individual and team activities. All students will complete five major units including archery, fishing, knots and rappelling, air rifles, and dance. Fitness is developed and assessed throughout the semester through a wide variety of planned activities (i.e. heart rate monitors, Fitness testing, and a variety of planned activities and workouts). Students will also participate in a number of individual, group and team games. Examples of games include: Ultimate Frisbee, speedball, softball, volleyball, cricket, basketball, badminton and pickleball. This course follows the same common expectations that are standard for all Helena High School HP courses.

Prerequisite: Freshman HP

9205 Sophomore Health Enhancement

**Elective: Grade 10
Full Year – 1 Credit**

The Sophomore Health Enhancement class combines Weight Training and Integrated Health, providing a well-rounded approach to physical and mental wellness. In the Weight Training portion, students will focus on building strength, improving fitness, and learning proper techniques for weightlifting. Alongside this, the Integrated Health component covers a variety of important health topics, including nutrition, sexual education, wellness, the effects of alcohol and drugs, and an introduction to anatomy and physiology. This class is designed to help students develop a balanced understanding of physical fitness and overall health, equipping them with the knowledge and skills to make informed decisions about their well-being.

Prerequisite: Freshman Weight Training

9210 Health Enhancement

**Required Grade: 10
Semester – .5 Credit**

Health Enhancement focuses on the mental/emotional, physical, and social well-being of students throughout the entirety of their lives. Emphasis is placed on the various aspects of healthy living in today's society. Written work, tests, and projects are used to evaluate students' understanding of current health issues and information.

9330 Athletic Training/First Aid

**Elective: 10 – 12
Full Year – 1 Credit**

Students will learn the basic principles of athletic training. These experiences will include anatomy, the basics of injury assessment and taping for injury prevention, as well as exploration of professional careers related to physical education and athletic training. The class will also teach the basic procedures for First Aid and offer an opportunity for certification in First Aid. Fee required.

Prerequisite: Students successfully passing Freshman H.P. and instructor signature.

9346/9347 Advanced Weight Training

**Elective: 10 – 12
Semester – .5 Credit**

Weight Training is a co-educational class open to all 10th-12th graders who have successfully passed Freshmen Human Performance. The course consists of flexibility work, running, plyometric conditioning, and agility drills, with the most emphasis on individual and group weight training programs.

Prerequisite: Successful completion of Freshman H.P.

9400 Lifetime Sports

Elective: 11 – 12
Full Year – 1 Credit

The emphasis of this class is to provide opportunities for students to explore a variety of recreational activities that can be enjoyed throughout their lifespan. Students will participate in different individual and team activities during this class. Examples include: Ultimate Frisbee, Field Games, Badminton, Pickleball, Shuffleboard, Basketball, Volleyball, Winter Survival, Fencing, Fly-tying, and Table Tennis. Students will also use a number of community facilities in order to receive the full recreational experience. Examples of community-based activities include: Disc Golf, Archery, Bowling, Skiing, Skating, Snow Shoeing, Cross Country skiing, Shooting Sports, Kayaking, Golf, Climbing, and Rafting. **Students are required to pay a \$150 fee to help cover the cost of using community and commercial facilities. There may be scholarships available to qualifying students.**

Prerequisite: Successful completion of Freshman and Sophomore H.P.