

HIGH SCHOOL PHYSICAL EDUCATION AND HEALTH COURSE CODES
GRADES 9-12

*High school (grades 9-12) courses in Physical Education and Health **require 120 student engagement hours** per credit.*

Course Code	Course Name	Recommended Grade Levels & Prerequisites	Physical Education and Health Content Standards	Description	Credit Limit*	License Required**
08030	General Physical Education	9-12	<p>This course must meet or exceed the following North Dakota Physical Education Content Standards</p> <ul style="list-style-type: none"> ▪ L1.MSD.1, L1.MSD.2, L1.MSD.3, L1.MSD.4, L1.MSD.5, L1.MSD.6, L1.MSD.7 ▪ L1.KM.1, L1.KM.2, L1.KM.3, L1.KM.4, L1.KM.5, L1.KM.6, L1.KM.7, L1.KM.8, L1.KM.9, L1.KM.10, L1.KM.11 ▪ L1.PSS.1, L1.PSS.2, L1.PSS.3, L1.PSS.4, L1.PSS.5, L1.PSS.6, L1.PSS.7, L1.PSS.8, L1.PSS.9 ▪ L1.MM.1, L1.MM.2, L1.MM.3, L1.MM.4, L1.MM.5, L1.MM.6, L1.MM.7, L1.MM.8, L1.MM.9 	Physical Education provides learners with knowledge, experience, and opportunity to develop skills in more than one of the following sports or activities: individual/dual sports, lifetime activities, and fitness or conditioning activities.	4	08015- Physical Education K-12, 1-12, 5-12, 9-12
08031	Adapted Physical Education	9-12	Physical Education Content Standards for this course are determined by the individual needs of the learner.	This course provides physical education activities (individual/dual sports, lifetime activities, fitness or conditioning) adapted individually for learners with special needs.	4	08015- Physical Education K-12, 1-12, 5-12, 9-12
08010	Health (Phy Ed)	9-12	<p>This course must meet or exceed the following North Dakota Health Education Content Standards</p> <ul style="list-style-type: none"> ▪ 1.12.1, 1.12.2, 1.12.3, 1.12.4, 1.12.5, 1.12.6, 1.12.7, 1.12.8, 1.12.9, 1.12.10, 1.12.11, 1.12.12, 1.12.13 ▪ 2.12.1, 2.12.2, 2.12.3, 2.12.4, 2.12.5, 2.12.6, 2.12.7, 2.12.8 ▪ 3.12.1, 3.12.2, 3.12.3, 3.12.4 	This course builds upon the traditional health course for high school learners. In addition to understanding health related concepts, learners should continue to develop health-related skills of analyzing influences, access valid health information, interpersonal communication, decision-making, goal-setting, practicing health-enhancing behaviors, and advocating for personal, family, and community health.	1	08015- Physical Education K-12, 1-12, 5-12, 9-12 OR 18015- Health K-12, 1-12, 5-12, 9-12

HIGH SCHOOL PHYSICAL EDUCATION AND HEALTH COURSE CODES
GRADES 9-12

*High school (grades 9-12) courses in Physical Education and Health **require 120 student engagement hours** per credit.*

			<ul style="list-style-type: none"> ▪ 4.12.1, 4.12.2, 4.12.3, 4.12.4, 4.12.5, 4.12.6 ▪ 5.12.1, 5.12.2, 5.12.3, 5.12.4, 5.12.5, 5.12.6, 5.12.7 ▪ 6.12.1, 6.12.2, 6.12.3, 6.12.4 ▪ 7.12.1, 7.12.2, 7.12.3 ▪ 8.12.1, 8.12.2, 8.12.3., 8.12.4 <p>This course must meet or exceed the following North Dakota Physical Education Content Standards</p> <ul style="list-style-type: none"> ▪ L.2.KM.4, L.2.KM.5, L.2.KM.6, L.2.KM.7, L.2.KM.8, L.2.KM.9, L.2.KM.10, L.2.KM.11 ▪ L.2.PSS.1, L.2.PSS.2, L.2.PSS.3, L.2.PSS.4, L.2.PSS.5, L.2.PSS.6, L.2.PSS.7, L.2.PSS.8, L.2.PSS.9 ▪ L.2.MM.1, L.2.MM.2, L.2.MM.3, L.2.MM.4, L.2.MM.5, L.2.MM.6, L.2.MM.7, L.2.MM.8, L.2.MM.9 	Note;This.course.can.be.taught.for.Physical.Education.credit.only;For.CTE.credit?use.Individual?and.Family.Health?found.under.Family.and.Consumer.Sciences;For.Science.credit?use.Health.found.under.Science;		
18010	Health	9-12	<p>This course must meet or exceed the following North Dakota Health Education Content Standards</p> <ul style="list-style-type: none"> ▪ 1.12.1, 1.12.2, 1.12.3, 1.12.4, 1.12.5, 1.12.6, 1.12.7, 1.12.8, 1.12.9, 1.12.10, 1.12.11, 1.12.12, 1.12.13 ▪ 2.12.1, 2.12.2, 2.12.3, 2.12.4, 2.12.5, 2.12.6, 2.12.7, 2.12.8 ▪ 3.12.1, 3.12.2, 3.12.3, 3.12.4 ▪ 4.12.1, 4.12.2, 4.12.3, 4.12.4, 4.12.5, 4.12.6 ▪ 5.12.1, 5.12.2, 5.12.3, 5.12.4, 5.12.5, 5.12.6, 5.12.7 ▪ 6.12.1, 6.12.2, 6.12.3, 6.12.4 ▪ 7.12.1, 7.12.2, 7.12.3 ▪ 8.12.1, 8.12.2, 8.12.3., 8.12.4 	<p>This course provides learners with the understanding of health-related concepts. In addition, learners should develop health-related skills of analyzing influences, access valid health information, interpersonal communication, decision-making, goal-setting, practicing health-enhancing behaviors, and advocating for personal, family, and community health.</p> <p>Note;This.course.can.be.taught.for.Health.credit.only;Use.Individual.and.Family.Health.found.under.Family.and.Consumer.Science.for.CTE.credit;For.Physical.Education.credit?use.Health.found.under.Physical.Education.and.Health;For.Science.credit?use.Health.found.under.Science;</p>	1	<p>08015- Physical Education K-12, 1-12, 5-12, 9-12</p> <p>OR</p> <p>18015- Health K-12, 1-12, 5-12, 9-12</p>

HIGH SCHOOL PHYSICAL EDUCATION AND HEALTH COURSE CODES
GRADES 9-12

*High school (grades 9-12) courses in Physical Education and Health **require 120 student engagement hours** per credit.*

08040	Weight Training	9-12	<p>This course must meet or exceed the following North Dakota Physical Education Content Standards</p> <ul style="list-style-type: none"> ▪ L2.MSD.3, L2.MSD.4, L2.MSD.6, L2.MSD.7 ▪ L2.KM.1, L2.KM.2, L2.KM.3, L2.KM.4, L2.KM.5, L2.KM.6, L2.KM.7, L2.KM.8, L2.KM.9, L2.KM.10, L2.KM.11 ▪ L2.PSS.1, L2.PSS.2, L2.PSS.3, L2.PSS.4, L1.PSS.5, L2.PSS.6, L2.PSS.7, L2.PSS.8, L2.PSS.9 ▪ L2.MM.1, L2.MM.2, L2.MM.3, L2.MM.4, L2.MM.5, L2.MM.6, L2.MM.7, L2.MM.8, L2.MM.9 	Weight Training helps learners develop knowledge and skills with a variety of strength training activities while emphasizing safety, form, and technique. Other components such as agility, speed and conditioning may be included.	4	08015- Physical Education K-12, 1-12, 5-12, 9-12
08043	Lifetime Fitness Education	9-12	<p>This course must meet or exceed the following North Dakota Physical Education Content Standards</p> <ul style="list-style-type: none"> ▪ L1.MSD.1, L1.MSD.2, L1.MSD.3, L1.MSD.4, L1.MSD.5, L1.MSD.6, L1.MSD.7 ▪ L1.KM.1, L1.KM.2, L1.KM.3, L1.KM.4, L1.KM.5, L1.KM.6, L1.KM.7, L1.KM.8, L1.KM.9, L1.KM.10, L1.KM.11 ▪ L1.PSS.1, L1.PSS.2, L1.PSS.3, L1.PSS.4, L1.PSS.5, L1.PSS.6, L1.PSS.7, L1.PSS.8, L1.PSS.9 ▪ L1.MM.1, L1.MM.2, L1.MM.3, L1.MM.4, L1.MM.5, L1.MM.6, L1.MM.7, L1.MM.8, L1.MM.9 	Lifetime Fitness Education emphasizes acquiring knowledge and skills regarding lifetime physical fitness. Content may include lifetime activities and related topics such as nutrition, stress management, and consumer issues.	1	08015- Physical Education K-12, 1-12, 5-12, 9-12
08044	Fitness & Conditioning Activities	9-12	<p>This course must meet or exceed the following North Dakota Physical Education Content Standards</p> <ul style="list-style-type: none"> ▪ L2.MSD.1, L2.MSD.2, L2.MSD.3, L2.MSD.4, L2.MSD.5, L2.MSD.6, L2.MSD.7 	Learners in Fitness and Conditioning Activities will gain an understanding of conditioning principles and activities that develop muscular strength, flexibility, and cardiovascular fitness.	2	08015- Physical Education K-12, 1-12, 5-12, 9-12

HIGH SCHOOL PHYSICAL EDUCATION AND HEALTH COURSE CODES
GRADES 9-12

*High school (grades 9-12) courses in Physical Education and Health **require 120 student engagement hours** per credit.*

			<ul style="list-style-type: none"> ▪ L2.KM.1, L2.KM.2, L2.KM.3, L2.KM.4, L2.KM.5, L2.KM.6, L2.KM.7, L2.KM.8, L2.KM.9, L2.KM.10, L2.KM.11 ▪ L2.PSS.1, L2.PSS.3, L2.PSS.4, L2.PSS.6, L2.PSS.7, L2.PSS.8 ▪ L2.MM.1, L2.MM.2, L2.MM.3, L2.MM.4, L2.MM.5, L2.MM.6, L2.MM.7, L2.MM.8, L2.MM.9 			
08032	Swimming & Water Safety	10-12	<p>This course must meet or exceed the following North Dakota Physical Education Content Standards</p> <ul style="list-style-type: none"> ▪ L2.MSD.2, L2.MSD.3, L2.MSD.4, L2.MSD.5, L2.MSD.7 ▪ L2.KM.1, L2.KM.2, L2.KM.3, L2.KM.4, L2.KM.5, L2.KM.6, L2.KM.7, L2.KM.8, L2.KM.9, L2.KM.10, L2.KM.11 ▪ L2.PSS.1, L2.PSS.2, L2.PSS.3, L2.PSS.4, L2.PSS.6, L2.PSS.7, L2.PSS.8, L2.PSS.9 ▪ L2.MM.1, L2.MM.2, L2.MM.3, L2.MM.4, L2.MM.5, L2.MM.6, L2.MM.7, L2.MM.8, L2.MM.9 	Swimming and Water Safety helps learners develop skills useful or necessary in an aquatic environment. Activities may focus on swimming, diving, competitive strokes such as freestyle, breaststroke, butterfly, etc., or team-oriented water sports such as water polo and relay swimming.	1	08015- Physical Education K-12, 1-12, 5-12, 9-12
08034	Dance I (Phy Ed)	9-12	<p>This course must meet or exceed the following North Dakota Physical Education Content Standards</p> <ul style="list-style-type: none"> ▪ L1.MSD.2, L1.MSD.3, L1.MSD.4, L1.MSD.5, L1.MSD.6, L1.MSD.7 ▪ L1.KM.1, L1.KM.2, L1.KM.3, L1.KM.4, L1.KM.5, L1.KM.6, L1.KM.7, L1.KM.8, L1.KM.9, L1.KM.10, L1.KM.11 ▪ L1.PSS.1, L1.PSS.2, L1.PSS.3, L1.PSS.4, L1.PSS.6, L1.PSS.7, L1.PSS.8, L1.PSS.9 	<p>Dance I (Phy Ed) provides learners with experience in a variety of dance styles (i.e., modern, jazz, ballet, social, line, and tap). This initial course focuses on the development of the health and fitness concepts as they relate to dance.</p> <p>Note: This course is taught for Physical Education credit only. For Fine and Performing Arts credit, use Dance I (Fine Arts) under Fine and Performing Arts</p>	4	08015- Physical Education K-12, 1-12, 5-12, 9-12

HIGH SCHOOL PHYSICAL EDUCATION AND HEALTH COURSE CODES

GRADES 9-12

*High school (grades 9-12) courses in Physical Education and Health **require 120 student engagement hours** per credit.*

			<ul style="list-style-type: none"> L1.MM.1, L1.MM.2, L1.MM.3, L1.MM.4, L1.MM.5, L1.MM.6, L1.MM.7, L1.MM.8, L1.MM.9 			
08035	Dance II (Phy Ed)	10-12	<p>This course must meet or exceed the following North Dakota Physical Education Content Standards</p> <ul style="list-style-type: none"> L2.MSD.2, L2.MSD.3, L2.MSD.4, L2.MSD.5, L2.MSD.7 L2.KM.1, L2.KM.2, L2.KM.3, L2.KM.4, L2.KM.5, L2.KM.6, L2.KM.7, L2.KM.8, L2.KM.9, L2.KM.10, L2.KM.11 L2.PSS.1, L2.PSS.2, L2.PSS.3, L2.PSS.4, L2.PSS.6, L2.PSS.7, L2.PSS.8, L2.PSS.9 L2.MM.1, L2.MM.2, L2.MM.3, L2.MM.4, L2.MM.5, L2.MM.6, L2.MM.7, L2.MM.8, L2.MM.9 	<p>Dance II (Phy Ed) provides learners who have taken Dance I with the opportunity to expand and improve techniques, choreography, and performance.</p> <p>Note: This course is taught for Physical Education credit only. For Fine and Performing Arts credit, use Dance II (Fine Arts) under Fine and Performing Arts.</p>	3	08015- Physical Education K-12, 1-12, 5-12, 9-12
08038	Gymnastics	10-12	<p>This course must meet or exceed the following North Dakota Physical Education Content Standards</p> <ul style="list-style-type: none"> L2.MSD.1, L2.MSD.2, L2.MSD.3, L2.MSD.4, L1.MSD.5, L2.MSD.6, L2.MSD.7 L2.KM.1, L2.KM.4, L2.KM.5, L2.KM.6, L2.KM.8, L2.KM.9, L2.KM.11 L2.PSS.1, L2.PSS.2, L2.PSS.3, L2.PSS.4, L2.PSS.6, L2.PSS.7, L2.PSS.8, L2.PSS.9 L2.MM.1, L2.MM.2, L2.MM.3, L2.MM.4, L2.MM.6, L2.MM.7, L2.MM.8, L2.MM.9 	Gymnastics is designed to help learners develop knowledge and skills in gymnastics, stunts, and tumbling while emphasizing safety. Floor gymnastics may be supplemented using gymnastic equipment such as balance beams, uneven bars, parallel bars, rings, etc. Gymnastics may include other components, such as the history of gymnastics and conditioning.	4	08015- Physical Education K-12, 1-12, 5-12, 9-12
08036	Individual & Dual Sports	10-12	<p>This course must meet or exceed the following North Dakota Physical Education Content Standards</p> <ul style="list-style-type: none"> L2.MSD.1, L2.MSD.3, L2.MSD.4, L2.MSD.5, L2.MSD.6, L2.MSD.7 	Individual and Dual Sports provides learners with the knowledge, experience, and opportunity to develop skills in more than one individual or dual sport such as tennis, golf, badminton, jogging/running, racquetball, weightlifting, rhythmic activities,	2	08015- Physical Education K-12, 1-12, 5-12, 9-12

HIGH SCHOOL PHYSICAL EDUCATION AND HEALTH COURSE CODES
GRADES 9-12

*High school (grades 9-12) courses in Physical Education and Health **require 120 student engagement hours** per credit.*

			<ul style="list-style-type: none"> ▪ L2.KM.1, L2.KM.2, L2.KM.3, L2.KM.4, L2.KM.5, L2.KM.6, L2.KM.7, L2.KM.8, L2.KM.9, L2.KM.10, L2.KM.11 ▪ L2.PSS.1, L2.PSS.2, L2.PSS.3, L2.PSS.4, L2.PSS.6, L2.PSS.7, L2.PSS.8, L2.PSS.9 ▪ L2.MM.1, L2.MM.2, L2.MM.3, L2.MM.4, L2.MM.5, L2.MM.6, L2.MM.7, L2.MM.8, L2.MM.9 	etc.		
08052	Human Anatomy (Phy Ed)	10-12	<p>This course must meet or exceed the following North Dakota Health Education Content Standards</p> <ul style="list-style-type: none"> ▪ 1.12.4, 1.12.9, 1.12.10 <p>This course must meet or exceed the following North Dakota Physical Education Content Standards</p> <ul style="list-style-type: none"> ▪ L1.MSD.6 ▪ L1.KM.9 	<p>Human Anatomy (Phy Ed.) serves as an introduction to providing an advanced study of the structure of the human body.</p> <p>Note: This course can be taught for Physical Education credit only; For Science credit use Human Anatomy (Science) found under Science;</p>	1	<p>08015- Physical Education K-12, 1-12, 5-12, 9-12</p> <p style="text-align: center;">OR</p> <p>18015- Health K-12, 1-12, 5-12, 9-12</p>
18052	Human Anatomy (Health)	10-12	<p>This course must meet or exceed the following North Dakota Health Education Content Standards</p> <ul style="list-style-type: none"> ▪ 1.12.4, 1.12.9, 1.12.10 	<p>Human Anatomy (Health) serves as an introduction to providing an advanced study of the structure of the human body.</p> <p>Note: This course is taught for Health credit only; For Physical Education use Human Anatomy (Phy Ed) found under Physical Education and Health; For Science credit use Human Anatomy (Science) found under Science;</p>	1	<p>08015- Physical Education K-12, 1-12, 5-12, 9-12</p> <p style="text-align: center;">OR</p> <p>18015- Health K-12, 1-12, 5-12, 9-12</p>
08051	Sports Physiology	10-12	<p>This course must meet or exceed the following North Dakota Physical Education Content Standards</p> <ul style="list-style-type: none"> ▪ L2.KM.1, L2.KM.2, L2.KM.3, L2.KM.4, L2.KM.5, L2.KM.6, L2.KM.7, L2.KM.8, L2.KM.9, L2.KM.10 	<p>Sports Physiology examines human anatomy and physiology as they pertain to human movement and physical performance in sports activities. This course may also emphasize the prevention and treatment of athletic injuries.</p> <p>Note: This course can be taught for</p>	½	<p>08015- Physical Education K-12, 1-12, 5-12, 9-12</p> <p style="text-align: center;">OR</p> <p>18015- Health K-12, 1-12, 5-12, 9-12</p>

July 26, 2024

HIGH SCHOOL PHYSICAL EDUCATION AND HEALTH COURSE CODES
GRADES 9-12

*High school (grades 9-12) courses in Physical Education and Health **require 120 student engagement hours** per credit.*

			<ul style="list-style-type: none"> ▪ L2.PSS.3, L2.PSS.4, L2.PSS.6, L2.PSS.7, L2.PSS.8, L2.PSS.9 ▪ L2.MM.4, L2.MM.6, L2.MM.7, L2.MM.8 	Physical Education credit only;For.Science.credit?use.Physiology?found.under.Science;		
18051	Physiology (Health)	9-12	<p>This course must meet or exceed the following North Dakota Health Education Content Standards</p> <ul style="list-style-type: none"> ▪ 1.12.4, 1.12.5, 1.12.9, 1.12.10 	<p>This course provides learners with detailed information about the human body. A study of the function of living organisms and their parts. The functions of the human body beyond those already covered in biology.</p> <p>Note;This.course.is.taught.for.Health.credit.only;For.Physical.Education.credit?use.Sports.Physiology?found.under.Physical.Education.and.Health;For.Science.credit?use.Physiology?found.under.Science;</p>	½	<p>08015- Physical Education K-12, 1-12, 5-12, 9-12</p> <p>OR</p> <p>18015- Health K-12, 1-12, 5-12, 9-12</p>
08020	Substance Abuse Prevention (Phy Ed)	9-12	<p>This course must meet or exceed the following North Dakota Health Education Content Standards</p> <ul style="list-style-type: none"> ▪ 1.12.1, 1.12.2, 1.12.3, 1.12.4, 1.12.5, 1.12.6, 1.12.7, 1.12.8, 1.12.10, 1.12.13 ▪ 2.12.1, 2.12.2, 2.12.3, 2.12.4, 2.12.5, 2.12.6, 2.12.7, 2.12.8 ▪ 3.12.1, 3.12.2, 3.12.3, 3.12.4 ▪ 4.12.1, 4.12.2, 4.12.3, 4.12.4, 4.12.5, 4.12.6 ▪ 5.12.1, 5.12.2, 5.12.3, 5.12.4, 5.12.5, 5.12.6, 5.12.7 ▪ 6.12.1, 6.12.2, 6.12.3, 6.12.4 ▪ 7.12.1, 7.12.2, 7.12.3 ▪ 8.12.1, 8.12.2, 8.12.3, 8.12.4 <p>This course must meet or exceed the following North Dakota Physical Education Content Standards</p> <ul style="list-style-type: none"> ▪ L2.KM.4, L2.KM.9 ▪ L2.PSS.1, L2.PSS.2, LS.PSS.4 	<p>This course builds upon the traditional health course for high school learners. Substance Abuse Prevention course will focus specifically on the health risks of drugs, alcohol, and tobacco. This course will provide information on the negative consequences of these products and teach learners coping strategies to resist the influences (such as peers and media images) that may entice them to use these substances. Learners may also explore the community resources available to them.</p> <p>Note;This.course.is.taught.for.Physical.Education.credit.only;For.Health.credit?use.Substance.Abuse.Prevention.(Health).found.under.Health;</p>	1	<p>08015- Physical Education K-12, 1-12, 5-12, 9-12</p>

HIGH SCHOOL PHYSICAL EDUCATION AND HEALTH COURSE CODES
GRADES 9-12

*High school (grades 9-12) courses in Physical Education and Health **require 120 student engagement hours** per credit.*

18020	Substance Abuse Prevention (Health)	9-12	<p>This course must meet or exceed the following North Dakota Health Education Content Standards</p> <ul style="list-style-type: none"> ▪ 1.12.1, 1.12.2, 1.12.3, 1.12.4, 1.12.5, 1.12.6, 1.12.7, 1.12.8, 1.12.10, 1.12.13 ▪ 2.12.1, 2.12.2, 2.12.3, 2.12.4, 2.12.5, 2.12.6, 2.12.7, 2.12.8 ▪ 3.12.1, 3.12.2, 3.12.3, 3.12.4 ▪ 4.12.1, 4.12.2, 4.12.3, 4.12.4, 4.12.5, 4.12.6 ▪ 5.12.1, 5.12.2, 5.12.3, 5.12.4, 5.12.5, 5.12.6, 5.12.7 ▪ 6.12.1, 6.12.2, 6.12.3, 6.12.4 ▪ 7.12.1, 7.12.2, 7.12.3 ▪ 8.12.1, 8.12.2, 8.12.3, 8.12.4 	<p>This course builds upon the traditional health course for high school learners. Substance Abuse Prevention course will focus specifically on the health risks of drugs, alcohol, and tobacco. This course will provide information on the negative consequences of these products and teach learners coping strategies to resist the influences (such as peers and media images) that may entice them to use these substances. Learners may also explore the community resources available to them.</p> <p>Note; This course is taught for Health Education credit only; For Physical Education credit use Substance Abuse Prevention (Health) found under Health;</p>	1	<p>08015- Physical Education K-12, 1-12, 5-12, 9-12</p> <p>OR</p> <p>18015- Health K-12, 1-12, 5-12, 9-12</p>
08015	Family Living (Phy Ed)	10-12	<p>This course must meet or exceed the following North Dakota Health Education Content Standards</p> <ul style="list-style-type: none"> ▪ 1.12.1, 1.12.2, 1.12.3, 1.12.4, 1.12.5, 1.12.6, 1.12.7, 1.12.8, 1.12.9, 1.12.10, 1.12.11, 1.12.12, 1.12.13 ▪ 2.12.1, 2.12.2, 2.12.5, 2.12.6, 2.12.7, 2.12.8 ▪ 3.12.1, 3.12.2, 3.12.3, 3.12.4 ▪ 4.12.1, 4.12.2, 4.12.3, 4.12.4, 4.12.5, 4.12.6 ▪ 5.12.1, 5.12.2, 5.12.3, 5.12.4, 5.12.5, 5.12.6, 5.12.7 ▪ 6.12.1, 6.12.2, 6.12.3, 6.12.4 ▪ 7.12.1, 7.12.2, 7.12.3 ▪ 8.12.1, 8.12.2, 8.12.3, 8.12.4 <p>This course must meet or exceed the following North Dakota Physical Education Content Standards</p>	<p>Family Living builds upon the traditional health course for high school learners with an emphasis building and maintaining healthy interpersonal relationships among family members and other members of society. This course often emphasizes (but is not limited to) topics such as social/dating practices, human sexuality and reproduction, marriage preparation, parenthood and the function of the family unit, and the various stages of life. It may also cover topics related to individual self-development, career development, personal awareness, and preparation for the responsibilities of a family member and wage earner.</p> <p>Note; This course can be taught for Physical Education credit only; For CTE credit use Family Living found under Family and Consumer Science;</p>	1	<p>08015- Physical Education K-12, 1-12, 5-12, 9-12</p> <p>OR</p> <p>18015- Health K-12, 1-12, 5-12, 9-12</p>

HIGH SCHOOL PHYSICAL EDUCATION AND HEALTH COURSE CODES
GRADES 9-12

*High school (grades 9-12) courses in Physical Education and Health **require 120 student engagement hours** per credit.*

			<ul style="list-style-type: none"> L2.KM.4, L2.KM.9, L2.KM.10, L2.KM.11 			
18015	Family Living (Health)	10-12	<p>This course must meet or exceed the following North Dakota Health Education Content Standards</p> <ul style="list-style-type: none"> 1.12.1, 1.12.2, 1.12.3, 1.12.4, 1.12.5, 1.12.6, 1.12.7, 1.12.8, 1.12.9, 1.12.10, 1.12.11, 1.12.12, 1.12.13 2.12.1, 2.12.2, 2.12.5, 2.12.6, 2.12.7, 2.12.8 3.12.1, 3.12.2, 3.12.3, 3.12.4 4.12.1, 4.12.2, 4.12.3, 4.12.4, 4.12.5, 4.12.6 5.12.1, 5.12.2, 5.12.3, 5.12.4, 5.12.5, 5.12.6, 5.12.7 6.12.1, 6.12.2, 6.12.3, 6.12.4 7.12.1, 7.12.2, 7.12.3 8.12.1, 8.12.2, 8.12.3, 8.12.4 	<p>Family Living builds upon the required health course for high school learners with an emphasis building and maintaining healthy interpersonal relationships among family members and other members of society. This course often emphasizes (but is not limited to) topics such as social/dating practices, human sexuality and reproduction, marriage preparation, parenthood and the function of the family unit, and the various stages of life. It may also cover topics related to individual self-development, career development, personal awareness, and preparation for the responsibilities of a family member and wage earner.</p> <p>Note: This course can be taught for Health Education credit only. For CTE credit use Family Living found under Family and Consumer Science.</p>	1	<p>08015- Physical Education K-12, 1-12, 5-12, 9-12</p> <p>OR</p> <p>18015- Health K-12, 1-12, 5-12, 9-12</p>
08045	Introduction to Coaching	10-12	<p>This course must meet or exceed the following North Dakota Physical Education Content Standards</p> <ul style="list-style-type: none"> L2.MSD.2, L2.MSD.3, L2.MSD.4, L2.MSD.6, L2.MSD.7 L2.KM.1, L2.KM.2, L2.KM.3, L2.KM.4, L2.KM.5, L2.KM.6, L2.KM.7, L2.KM.8, L2.KM.9, L2.KM.11, L2.PSS.1, L2.PSS.2, L2.PSS.3, L2.PSS.4, L2.PSS.6, L2.PSS.7, L2.PSS.8, L2.PSS.9, L2.MM.2, L2.MM.3, L2.MM.4, L2.MM.6, L2.MM.7, L2.MM.8, L2.MM.9 	<p>Introduction to Coaching focuses on the various responsibilities of a coach and the skills needed to fill this important position successfully. Throughout the course, learners will explore various coaching models and leadership styles, sports nutrition, sports psychology, and safety in conditioning and cross-training. Learners will learn effective communication, problem-solving, and decision-making skills. This course will also introduce learners to game strategy, tactical strategy, skills-based training, and coaching ethics.</p>	½	<p>08015- Physical Education K-12, 1-12, 5-12, 9-12</p>

HIGH SCHOOL PHYSICAL EDUCATION AND HEALTH COURSE CODES
GRADES 9-12

High school (grades 9-12) courses in Physical Education and Health require 120 student engagement hours per credit.

08046	Sports Officiating	10-12	<p>This course must meet or exceed the following North Dakota Physical Education Content Standards</p> <ul style="list-style-type: none"> ▪ L2.MSD.2, L2.MSD.3, L2.MSD.4, L2.MSD.6, L2.MSD.7 ▪ L2.KM.3, L2.KM.4, L2.KM.6, L2.KM.7, L2.KM.9 ▪ L2.PSS.1, L2.PSS.2, L2.PSS.3, L2.PSS.4, L2.PSS.6, L2.PSS.7, L2.PSS.8, L2.PSS.9 ▪ L2.MM.2, L2.MM.3, L2.MM.6, L2.MM.9 	In Sports Officiating, learners will understand the rules, gameplay, and guidelines for various sports, such as soccer, baseball, softball, basketball, volleyball, football, wrestling, swimming and tennis. Learners will also understand the role of an official in promoting etiquette and positive behavior in sports. In addition, learners will demonstrate the officiating calls and hand signals for each sport	½	08015- Physical Education K-12, 1-12, 5-12, 9-12
08041	Specific Sports-Physical Education	10-12	<p>This course must meet or exceed the following North Dakota Physical Education Content Standards</p> <ul style="list-style-type: none"> ▪ L2.MSD.3, L2.MSD.4, L2.MSD.6, L2.MSD.7 ▪ L2.KM.1, L2.KM.3, L2.KM.4, L2.KM.5, L2.KM.6, L2.KM.7, L2.KM.8, L2.KM.9, L2.KM.11 ▪ L2.PSS.1, L2.PSS.2, L2.PSS.3, L2.PSS.4, L2.PSS.6, L2.PSS.7, L2.PSS.8, L2.PSS.9 ▪ L2.MM.1, L2.MM.2, L2.MM.3, L2.MM.4, L2.MM.5, L2.MM.6, L2.MM.7, L2.MM.8, L2.MM.9 	<p>Courses in Specific Sports help learners develop knowledge, experience, and skills in a single sport or activity (such as basketball, volleyball, track, and field, football, etc.).</p> <p>Note: This course may be designed for athletes during a season;</p>	4	08015- Physical Education K-12, 1-12, 5-12, 9-12
08042	Physical Education Equivalent	9-12	<p>This course must meet or exceed the following North Dakota Physical Education Content Standards</p> <ul style="list-style-type: none"> ▪ L1.MSD.1, L1.MSD.2, L1.MSD.3, L1.MSD.4, L1.MSD.5, L1.MSD.6, L1.MSD.7 ▪ L1.KM.1, L1.KM.2, L1.KM.4, L1.KM.5, L1.KM.6, L1.KM.8, L1.KM.9, L1.KM.10, L1.KM.11 ▪ L1.PSS.1, L1.PSS.2, L1.PSS.3, L1.PSS.4, L1.PSS.6, L1.PSS.7, L1.PSS.8, L1.PSS.9 	This course awards physical education credit for other at-school activities, such as marching band or cheerleading.	4	08015- Physical Education K-12, 1-12, 5-12, 9-12

HIGH SCHOOL PHYSICAL EDUCATION AND HEALTH COURSE CODES
GRADES 9-12

High school (grades 9-12) courses in Physical Education and Health require 120 student engagement hours per credit.

			▪ L1.MM.1, L1.MM.2, L1.MM.3, L1.MM.4, L1.MM.6, L1.MM.7, L1.MM.8, L1.MM.9			
--	--	--	--	--	--	--

\.High.school.curricular.requirements.are.spelled.out.in.NDCC.7_87_68;.Maximum.credit.refers.to.the.maximum.units.of.credit.a.learner.may.earn.for.a.course.over.four.years.of.high.school;.Example;.Band_.a.learner.may.be.enrolled.in.band.all.four.years.of.high.school.earning.a.possible.total.of.four.units.of.credit;)

** Please refer to the second page of the teacher's North Dakota Educator's Professional license to verify which subject areas a teacher is qualified to teach; Licenses and endorsements are obtained on a teaching license from the Education Standards and Practices Board (ESPB);