

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

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

Course Code	Course Name	Recommended Grade Levels	Description	High School Credit Options*	License/credential Required**
08010	Health (Phy Ed)	9-12	<p>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 course may also include brief studies of environmental health, personal development, and/or community resources.</p> <p>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.</p>	<p>$\frac{1}{4}$, $\frac{1}{2}$, or 1</p> <p><i>Max credit = 1</i></p>	<p>License Code: 08020-Health, Physical Education & Recreation ◆ K-8, K-12, 1-8, 1-12, 5-12, or 9-12</p> <p>OR</p> <p>08025-Physical Education ◆ K-8, K-12, 1-8, 1-12, 5-12, or 9-12</p> <p>OR</p> <p>08027-Health & Physical Education ◆ K-8, K-12, 1-8, 1-12, 5-12, or 9-12</p> <p>OR</p> <p>18015-Health ◆ K-8, 1-8, 5-12 or 9-12</p>
08015	Family Living (Phy Ed)	10-12	<p>Family Living emphasizes building and maintaining healthy interpersonal relationships among family members and other members of society. This course often emphasizes (but are 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>	<p>$\frac{1}{4}$, $\frac{1}{2}$, or 1</p> <p><i>Max credit = 1</i></p>	<p>License Code: 08020-Health, Physical Education & Recreation ◆ K-8, K-12, 1-8, 1-12, 5-12, or 9-12</p> <p>OR</p> <p>08025-Physical Education ◆ K-8, K-12, 1-8, 1-12, 5-12, or 9-12</p> <p>OR</p> <p>08027-Health & Physical Education ◆ K-8, K-12, 1-8, 1-12, 5-12, or 9-12</p>

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08020	Substance Abuse Prevention (Phy Ed)	9-12	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 students coping strategies to resist the influences (such as peers and media images) that may entice them to use these substances. Students may also explore the community resources available to them. Note: This course is taught for Physical Education credit only. For Health credit, use Substance Abuse Prevention (Health) found under Health.	$\frac{1}{4}$, $\frac{1}{2}$, or 1 Max credit = 1	License Code: 08020-Health, Physical Education & Recreation ◆ K-8, K-12, 1-8, 1-12, 5-12, or 9-12 OR 08025-Physical Education ◆ K-8, K-12, 1-8, 1-12, 5-12, or 9-12 OR 08027-Health & Physical Education ◆ K-8, K-12, 1-8, 1-12, 5-12, or 9-12
08030	General Physical Education	9-12	Physical Education provides students with knowledge, experience, and an opportunity to develop skills in more than one of the following sports or activities: team sports, individual/dual sports, recreational sports, and fitness/conditioning activities.	$\frac{1}{4}$, $\frac{1}{2}$, or 1 Max credit = 4	
08031	Adaptive Physical Education	9-12	This course provides physical education activities (sports, fitness, and conditioning) adapted for students with special needs.	$\frac{1}{4}$, $\frac{1}{2}$, or 1 Max credit = 4	
08032	Swimming and Water Safety	9-12	Swimming and Water Safety helps students develop skills useful or necessary in an aquatic environment. Activities may focus on swimming and competitive strokes, such as freestyle, breaststroke, butterfly, and so on or may involve team-oriented water sports, such as water polo and relay swimming. This course may also include (or concentrate exclusively on) diving and/or lifesaving skills.	$\frac{1}{4}$, $\frac{1}{2}$, or 1 Max credit = 1	
08034	Dance I (Phy Ed)	9-12	Dance I (Phy Ed) provides students with experience in one or several dance forms (i.e., modern, jazz, ballet, and tap). Initial classes are usually introductory in nature, while the more advanced classes concentrate on improving students' technique and may offer or require experience in choreography and dance evaluation. 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.	$\frac{1}{4}$, $\frac{1}{2}$, or 1 Max credit = 4	
08035	Dance II (Phy Ed)	10-12	Dance II (Phy Ed) provides the opportunity for students with prior dance experience to improve techniques, experience choreography, and emphasize performance. 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.	$\frac{1}{4}$, $\frac{1}{2}$, or 1 Max credit = 3	

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08036	Individual and Dual Sports	9-12	Individual/Dual Sports provides students with knowledge, experience, and an opportunity to develop skills in more than one individual or dual sport (such as tennis, golf, badminton, jogging/running, racquetball, and so on).	$\frac{1}{4}$, $\frac{1}{2}$, or 1 <i>Max credit = 2</i>	License Code: 08020-Health, Physical Education & Recreation ♦ K-8, K-12, 1-8, 1-12, 5-12, or 9-12 OR 08025-Physical Education ♦ K-8, K-12, 1-8, 1-12, 5-12, or 9-12 OR 08027-Health & Physical Education ♦ K-8, K-12, 1-8, 1-12, 5-12, or 9-12
08038	Gymnastics	9-12	Gymnastics is designed to help students develop knowledge and skills in gymnastics, stunts, and tumbling while emphasizing safety. Floor gymnastics may be supplemented by the use of gymnastic equipment such as balance beam, uneven bars, parallel bars, rings, and so on. Gymnastic may include other components such as the history of gymnastics and conditioning.	$\frac{1}{4}$, $\frac{1}{2}$, or 1 <i>Max credit = 4</i>	
08040	Weight Training	9-12	Weight Training helps students develop knowledge and skills with free weights and universal stations while emphasizing safety and proper body positioning; they may include other components such as anatomy and conditioning.	$\frac{1}{4}$, $\frac{1}{2}$, or 1 <i>Max credit = 4</i>	
08041	Specific Sports - Physical Education	10-12	Courses in Specific Sports Activities help students develop knowledge, experience, and skills in a single sport or activity (such as basketball, volleyball, track and field, football, etc.). Note: This course may be designed for athletes during a season.	$\frac{1}{4}$, $\frac{1}{2}$, or 1 <i>Max credit = 4</i>	
08042	Physical Education Equivalent	9-12	This course awards physical education credit for other at-school activities, such as marching band or cheerleading.	$\frac{1}{4}$, $\frac{1}{2}$, or 1 <i>Max credit = 4</i>	
08043	Lifetime Fitness Education	9-12	Lifetime Fitness Education emphasizes acquiring knowledge and skills regarding lifetime physical fitness; content may include related topics such as nutrition, stress management, and consumer issues. Students may develop and implement a personal fitness plan.	$\frac{1}{4}$, $\frac{1}{2}$, or 1 <i>Max credit = 1</i>	
08044	Fitness/Conditioning Activities	9-12	Fitness/Conditioning Activities emphasizes conditioning activities that help develop muscular strength, flexibility, and cardiovascular fitness.	$\frac{1}{4}$, $\frac{1}{2}$, or 1 <i>Max credit = 2</i>	
08045	Introduction to Coaching	9-12	Introduction to Coaching focuses on the various responsibilities of a coach and the skills needed to successfully fill this important position. Throughout the course, students will explore various coaching models and leadership styles, sports nutrition and sports psychology, as well as safety in conditioning and cross-training. Students will learn effective communication, problem-solving, and decision making skills. This course will also introduce students to game strategy, tactical strategy, skills-based training, and coaching ethics.	$\frac{1}{2}$ <i>Max credit = $\frac{1}{2}$</i>	

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08046	Sports Officiating	9-12	In Sports Officiating, students will learn the rules, game play, and guidelines for a variety of sports, including soccer, baseball, softball, basketball, volleyball, football, and tennis. In addition, they will learn the officiating calls and hand signals for each sport, as well as the role a sports official plays in maintaining fair play.	$\frac{1}{2}$ <i>Max credit = $\frac{1}{2}$</i>	License Code: 08020-Health, Physical Education & Recreation ♦ K-8, K-12, 1-8, 1-12, 5-12, or 9-12 OR 08025-Physical Education ♦ K-8, K-12, 1-8, 1-12, 5-12, or 9-12 OR 08027-Health & Physical Education ♦ K-8, K-12, 1-8, 1-12, 5-12, or 9-12
08051	Sports Physiology	9-12	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. Note: This course can be taught for Physical Education credit only. For Science credit, use Physiology found under Science.	$\frac{1}{4}$ or $\frac{1}{2}$ <i>Max credit = $\frac{1}{2}$</i>	
08052	Human Anatomy (Phy Ed)	10-12	Human Anatomy (Phy Ed) presents an in-depth study of the human body and biological system. Students study such topics as anatomical terminology, cells, and tissues and typically explore functional systems such as skeletal, muscular, circulatory, respiratory, digestive, reproductive, and nervous systems. Note: This course can be taught for Physical Education credit only. For Science credit, use Human Anatomy (Science) found under Science.	$\frac{1}{2}$ or 1 <i>Max credit = 1</i>	
18010	Health	9-12	Interpersonal relationships, mental health, chemical usage, consumer and environmental health, family life and relationships, nutrition, control of diseases, and healthy decision making skills. Note: This course can be taught for Health credit only. For CTE credit, use Individual and Family Health found under Family and Consumer Science. For Physical Education credit, use Health found under Physical Education and Health. For Science credit, use Health found under Science.	$\frac{1}{4}$, $\frac{1}{2}$, or 1 <i>Max credit = 1</i>	License Code: 18015-Health ♦ K-8, 1-8, 5-12 or 9-12
18015	Family Living (Health)	10-12	Human behavior, self philosophy of life, religion, love versus infatuation, courtship, human sexuality, preparation for marriage, marriage, family life cycle, family crisis, the family in other cultures, and the future of the family. Development and problems of the adult and the family unit including topics of love, sexuality, and marriage. Note: This course can be taught for Health credit only. For CTE credit, use Family Living found under Family and Consumer Science. For Physical Education credit, use Family Living found under Physical Education and Health.	$\frac{1}{4}$, $\frac{1}{2}$, or 1 <i>Max credit = 1</i>	

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18020	Substance Abuse Prevention (Health)	9-12	<p>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 students coping strategies to resist the influences (such as peers and media images) that may entice them to use these substances. Students may also explore the community resources available to them.</p> <p>Note: This course is taught for Health credit only. For Physical Education credit, use Substance Abuse Prevention (Phy Ed) found under the Physical Education and Health.</p>	<p>$\frac{1}{4}$, $\frac{1}{2}$, or 1</p> <p><i>Max credit = 1</i></p>	<p>License Code: 18015-Health ◆ K-8, 1-8, 5-12 or 9-12</p>
18051	Physiology (Health)	9-12	<p>To provide students 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>	<p>$\frac{1}{4}$ or $\frac{1}{2}$</p> <p><i>Max credit = $\frac{1}{2}$</i></p>	
18052	Human Anatomy (Health)	10-12	<p>An introduction to provide 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>	<p>$\frac{1}{2}$ or 1</p> <p><i>Max credit = 1</i></p>	

* *High school curricular requirements are spelled out in NDCC 15.1-21-02. Maximum credit refers to the maximum units of credit a student may earn for a course over four years of high school. (Example: Band - a student 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). Credentials are obtained from the Department of Public Instruction (DPI) and are issued to individuals holding a current teaching license.*