



# High School Course Guide

## Physical Education Course Descriptions

A student involved in marching band or drill team in the fall semester earns physical education credit as well as fine arts credit until the student has earned the 1.0 credits in physical education required for graduation.

Students may take Dance for Physical Education Credit under the following conditions:

- Students must have earned their 1 required credit of Fine Arts before they can use Dance as a Physical Education credit.
- No “double-dipping” will occur. Students may only receive Fine Arts or Physical Education credit for the course, not both at the same time.
- Course numbers have been created so that Guidance and Counseling can easily distinguish the course as a Fine Arts credit or a Physical Education credit. If the course is taken for Physical Education credit, no grade points would be assigned with the completion of the course. Students wanting PE credit should inform their counselor at time of enrollment.

**56510(PE) DANCE I (NGP)**

**1 credit**

**Gr: 9-12**

**Prerequisite:** None

**Description:** This course is an introduction to all basic dance techniques (tap, ballet, jazz, modern, contemporary, and world dance forms). Supply fee may be required..

**59111 Basic Physical Education 1 (NGP)**

**1 credit**

**Gr: 9-12**

**59112 Basic Physical Education 2 (NGP)**



**Prerequisite:** Physical education required by ARD as denoted on ARD Schedule Page.

**Description:** [Base/ABC/PAC] This is a locally designed course aligned with the Texas Essential Knowledge and Skills for Physical Education and determined by the ARD Committee to be a suitable substitute for Physical Education.

**54201 Foundations of Personal Fitness A (NGP)**

**0.5 credit**

**Gr: 9-12**

**55594 Foundations of Personal Fitness A (NGP) online**

**Prerequisite:** None

**Description:** Students enrolled in the Foundations of Personal Fitness course are motivated to strive for a lifetime of personal fitness with an emphasis on the health-related components of physical fitness. Students design a personal fitness program that promotes wellness and optimal levels of health.

**54214 Aerobic Activities A (NGP)**

**0.5 credit**

**Gr: 9-12**

**Prerequisite:** None

**Description:** Students enrolled in aerobic activities are exposed to a variety of activities that promote health-related fitness. Students are expected to design a personal fitness program that uses aerobic activities as a foundation.

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**54207 Individual Sports (NGP)****0.5 credit****Gr: 9-12****Prerequisite:** None

**Description:** [Formerly Individual Sports] Students enrolled in this course are expected to participate in various individual and team sports that can be pursued for a lifetime. A major objective of this course is the continued development of health-related fitness and the selection of lifetime sports that are enjoyable.

**54208 Team Sports (NGP)****0.5 credit****Gr: 9-12****Prerequisite:** None

**Description:** [Formerly Team Sports] Students enrolled in this course are expected to participate in various individual and team sports that can be pursued for a lifetime. A major objective of this course is the continued development of health-related fitness and the selection of lifetime sports that are enjoyable.

**54212 Partners in Physical Education Peer Tutor (NGP)****0.5 credit****Gr: 9-12**

**Prerequisite:** Students must submit an application to become a peer tutor. Parents and students must sign a permission form allowing the student to become a Peer Tutor.

**Description:** This is a success-oriented physical education program featuring supervised peer tutors and individualized learning and instruction. The focus of the course is to encourage a variety of physical fitness activities, increase knowledge of health and fitness strategies and assist in the acquisition of individual and team lifetime recreational skills and activities. This course addresses the unique physical education needs of students with a variety of disabilities in a setting that allows for positive interaction with peers, achieve success, improve social skills and build self-esteem. Peers need to be encouraging at all times and dress appropriately for activities.

**54213 Partners in Physical Education (NGP)****0.5 credit****Gr: 9-12****Prerequisite:** Must be enrolled in an ALE self-contained program

**Description:** This is a success orientated physical education program featuring supervised peer tutors and individualized learning instruction. The course is designed to meet the unique physical education needs of students with disabilities who cannot meet the TEKS requirements or regular physical education because of physical, social, emotional, or behavioral limitations. This course is taught by a regular physical education teacher and is established as a regular unit of instruction in the master schedule. The purpose of this program is to encourage physical activity, increase knowledge of health and fitness strategies, and to assist in the acquisition of individual lifetime recreation activities and/or skills associated with team sports. The focus of this course is on students with disabilities, peer teaching and individualized instruction, expanded curriculum, and to create a more inclusive school environment.

**54379 Baseball (Male) Athletics 1 (NGP)****1 credit****Gr: 9-12****54380 Baseball (Male) Athletics 2 (NGP)****54381 Baseball (Male) Athletics 3 (NGP)****54382 Baseball (Male) Athletics 4 (NGP)****Prerequisite:** Based on tryouts according to UIL guidelines

**Description:** These courses offer substitute credit which satisfies the graduation requirement for one credit (two semesters) of physical education.

**54409 Basketball (Female) Athletics 1 (NGP)****1 credit****Gr: 9-12****54410 Basketball (Female) Athletics 2 (NGP)****54411 Basketball (Female) Athletics 3 (NGP)****54412 Basketball (Female) Athletics 4 (NGP)****Prerequisite:** Based on tryouts according to UIL guidelines

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<b>54375</b>	<b>Basketball (Male) Athletics 1 (NGP)</b>	<b>1 credit</b>	<b>Gr: 9-12</b>
<b>54376</b>	<b>Basketball (Male) Athletics 2 (NGP)</b>		
<b>54377</b>	<b>Basketball (Male) Athletics 3 (NGP)</b>		
<b>54378</b>	<b>Basketball (Male) Athletics 4 (NGP)</b>		

**Prerequisite:** Based on tryouts according to UIL guidelines

**Description:** These courses offer substitute credit which satisfies the graduation requirement for one credit (two semesters) of physical education.

<b>54450</b>	<b>Cheerleading Freshman Athletics 1 (NGP)</b>	<b>1 credit</b>	<b>Gr: 9-12</b>
<b>54451</b>	<b>Cheerleading Junior Varsity Athletics 2 (NGP)</b>		
<b>54452</b>	<b>Cheerleading Junior Varsity Athletics 3 (NGP)</b>		
<b>54453</b>	<b>Cheerleading Junior Varsity Athletics 4 (NGP)</b>		

**Prerequisite:** Based on tryouts according to UIL guidelines

**Description:** These courses offer substitute credit which satisfies the graduation requirement for one credit (two semesters) of physical education.

<b>54454</b>	<b>Cheerleading Varsity Athletics 2 (NGP)</b>	<b>1 credit</b>	<b>Gr: 10-12</b>
<b>54455</b>	<b>Cheerleading Varsity Athletics 3 (NGP)</b>		
<b>54456</b>	<b>Cheerleading Varsity Athletics 4 (NGP)</b>		

**Prerequisite:** Based on tryouts according to UIL guidelines

**Description:** These courses offer substitute credit which satisfies the graduation requirement for one credit (two semesters) of physical education.

<b>54461</b>	<b>Color Guard Athletics 1 (NGP)</b>	<b>1 credit</b>	<b>Gr: 9-12</b>
<b>54462</b>	<b>Color Guard Athletics 2 (NGP)</b>		
<b>54463</b>	<b>Color Guard Athletics 3 (NGP)</b>		
<b>54464</b>	<b>Color Guard Athletics 4 (NGP)</b>		

**Prerequisite:** Based on tryouts according to UIL guidelines

**Description:** These courses offer substitute credit which satisfies the graduation requirement for one credit (two semesters) of physical education.

<b>54371</b>	<b>Football (Male) Athletics 1 (NGP)</b>	<b>1 credit</b>	<b>Gr: 9-12</b>
<b>54372</b>	<b>Football (Male) Athletics 2 (NGP)</b>		
<b>54373</b>	<b>Football (Male) Athletics 3 (NGP)</b>		
<b>54374</b>	<b>Football (Male) Athletics 4 (NGP)</b>		

**Prerequisite:** Based on tryouts according to UIL guidelines

**Description:** These courses offer substitute credit which satisfies the graduation requirement for one credit (two semesters) of physical education.

<b>54401</b>	<b>Girls Athletics 1 (NGP)</b>	<b>1 credit</b>	<b>Gr: 9-12</b>
<b>54402</b>	<b>Girls Athletics 2 (NGP)</b>		
<b>54403</b>	<b>Girls Athletics 3 (NGP)</b>		
<b>54404</b>	<b>Girls Athletics 4 (NGP)</b>		

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**Prerequisite:** Based on tryouts according to UIL guidelines

**Description:** These courses offer substitute credit which satisfies the graduation requirement for one credit (two semesters) of physical education.

<b>54391</b>	<b>Golf Athletics1 (NGP)</b>	<b>1 credit</b>	<b>Gr: 9-12</b>
<b>54392</b>	<b>Golf Athletics 2 (NGP)</b>		
<b>54393</b>	<b>Golf Athletics 3 (NGP)</b>		
<b>54394</b>	<b>Golf Athletics 4 (NGP)</b>		

**Prerequisite:** Based on tryouts according to UIL guidelines

**Description:** These courses offer substitute credit which satisfies the graduation requirement for one credit (two semesters) of physical education.

<b>54425</b>	<b>Gymnastics Athletics 1 (NGP)</b>	<b>1 credit</b>	<b>Gr: 9-12</b>
<b>54426</b>	<b>Gymnastics Athletics 2 (NGP)</b>		
<b>54427</b>	<b>Gymnastics Athletics 3 (NGP)</b>		
<b>54428</b>	<b>Gymnastics Athletics 4 (NGP)</b>		

**Prerequisite:** Based on tryouts according to UIL guidelines

**Description:** These courses offer substitute credit which satisfies the graduation requirement for one credit (two semesters) of physical education.

<b>54417</b>	<b>Soccer (Female) Athletics 1 (NGP)</b>	<b>1 credit</b>	<b>Gr: 9-12</b>
<b>54418</b>	<b>Soccer (Female) Athletics 2 (NGP)</b>		
<b>54419</b>	<b>Soccer (Female) Athletics 3 (NGP)</b>		
<b>54420</b>	<b>Soccer (Female) Athletics 4 (NGP)</b>		

**Prerequisite:** Based on tryouts according to UIL guidelines

**Description:** These courses offer substitute credit which satisfies the graduation requirement for one credit (two semesters) of physical education.

<b>54383</b>	<b>Soccer (Male) Athletics 1 (NGP)</b>	<b>1 credit</b>	<b>Gr: 9-12</b>
<b>54384</b>	<b>Soccer (Male) Athletics 2 (NGP)</b>		
<b>54385</b>	<b>Soccer (Male) Athletics 3 (NGP)</b>		
<b>54386</b>	<b>Soccer (Male) Athletics 4 (NGP)</b>		

**Prerequisite:** Based on tryouts according to UIL guidelines

**Description:** These courses offer substitute credit which satisfies the graduation requirement for one credit (two semesters) of physical education.

<b>54413</b>	<b>Softball (Female) Athletics 1 (NGP)</b>	<b>1 credit</b>	<b>Gr: 9-12</b>
<b>54414</b>	<b>Softball (Female) Athletics 2 (NGP)</b>		
<b>54415</b>	<b>Softball (Female) Athletics 3 (NGP)</b>		
<b>54416</b>	<b>Softball (Female) Athletics 4 (NGP)</b>		

**Prerequisite:** Based on tryouts according to UIL guidelines

**Description:** These courses offer substitute credit which satisfies the graduation requirement for one credit (two semesters) of physical education.

<b>54471</b>	<b>Swimming Athletics 1 (NGP)</b>	<b>1 credit</b>	<b>Gr: 9-12</b>
<b>54472</b>	<b>Swimming Athletics 2 (NGP)</b>		
<b>54473</b>	<b>Swimming Athletics 3 (NGP)</b>		

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#### 54474 Swimming Athletics 4 (NGP)

**Prerequisite:** Based on tryouts according to UIL guidelines

**Description:** These courses offer substitute credit which satisfies the graduation requirement for one credit (two semesters) of physical education.

54395	Tennis Athletics 1 (NGP)	1 credit	Gr: 9-12
54396	Tennis Athletics 2 (NGP)		
54397	Tennis Athletics 3 (NGP)		
54398	Tennis Athletics 4 (NGP)		

**Prerequisite:** Based on tryouts according to UIL guidelines

**Description:** These courses offer substitute credit which satisfies the graduation requirement for one credit (two semesters) of physical education.

54421	Track and Field (Female) Athletics 1 (NGP)	1 credit	Gr: 9-12
54422	Track and Field (Female) Athletics 2 (NGP)		
54423	Track and Field (Female) Athletics 3 (NGP)		
54424	Track and Field (Female) Athletics 4 (NGP)		

**Prerequisite:** Based on tryouts according to UIL guidelines

**Description:** These courses offer substitute credit which satisfies the graduation requirement for one credit (two semesters) of physical education.

54387	Track and Field (Male) Athletics 1 (NGP)	1 credit	Gr: 9-12
54388	Track and Field (Male) Athletics 2 (NGP)		
54389	Track and Field (Male) Athletics 3 (NGP)		
54390	Track and Field (Male) Athletics 4 (NGP)		

**Prerequisite:** Based on tryouts according to UIL guidelines

**Description:** These courses offer substitute credit which satisfies the graduation requirement for one credit (two semesters) of physical education.

54353	Trainer / Manager Athletics 2 (NGP)	1 credit	Gr: 10-12
54354	Trainer / Manager Athletics 3 (NGP)		
54355	Trainer / Manager Athletics 4 (NGP)		

**Prerequisite:** Based on tryouts according to UIL guidelines

**Description:** These courses offer substitute credit which satisfies the graduation requirement for one credit (two semesters) of physical education.

54405	Volleyball (Female) Athletics 1 (NGP)	1 credit	Gr: 9-12
54406	Volleyball (Female) Athletics 2 (NGP)		
54407	Volleyball (Female) Athletics 3 (NGP)		
54408	Volleyball (Female) Athletics 4 (NGP)		

**Prerequisite:** Based on tryouts according to UIL guidelines

**Description:** These courses offer substitute credit which satisfies the graduation requirement for one credit (two semesters) of physical education.

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