

## HIGH SCHOOL PHYSICAL EDUCATION AND HEALTH COURSE CODES GRADES 7-12

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

Course Code	Course Name	Grade Levels	Description	Accreditation Time/ Credit Options*	License/credential Required**
08005	Health	7-8	Community health, consumer health, disease control, family living, mental health, personal health, safety, and accident prevention. <b>Note:</b> Health courses are also coded in Health, Family and Consumer Sciences, and Science areas.	NDAC 67-19-01-34 (1)(f) ◆ 50 minutes per week	License Code: 08020-Health, Physical Education & Recreation ◆ K-12, 1-12, 7-12, 9-12, K-8, or 1-8 <b>OR</b> 08025-Physical Education ◆ K-12, 1-12, 7-12, 9-12, K-8, or 1-8 <b>OR</b> 08027-Health & Physical Education ◆ K-12, 1-12, 7-12, 9-12, K-8, or 1-8
08006	Physical Education	7-8	An extension of the concepts introduced in level K-6 which include movement experiences and body mechanics, fitness routine activities, rhythmic activities, apparatus, stunts, tumbling, simple game activities and relays, and sports skills and activities.	NDAC 67-19-01-34 (1)(e) ◆ 80 minutes per week	
08007	Adaptive Physical Education	7-8	Physical development activities for handicapped students. Restricted students should be included in the physical education program. The instructor should encourage students to participate in activities which are within their capabilities. All students should be able to participate in such limited activities as table games, darts, shuffle board, cards, Ping-Pong, and other adapted games. Students should be taught activities that can be done at home. Other activities possible in a restricted program include archery, badminton, croquet, golf, handball, hiking, horseshoes, swimming, and some team games.	NDAC 67-19-01-34 (1)(e) ◆ 80 minutes per week	
08010	Health	9-12	Community health, consumer health, disease control, family living, mental health, personal health, safety, and accident prevention. <b>Note:</b> This course can be counted as a health course to meet the statutory requirement for high school curriculum. Health courses are also coded in Health, Family and Consumer Sciences, and Science areas.	¼, ½, or 1	License Code: 08020-Health, Physical Education & Recreation ◆ K-12, 1-12, 7-12, 9-12 <b>OR</b> 08025-Physical Education ◆ K-12, 1-12, 7-12, 9-12 <b>OR</b> 08027-Health & Physical Education ◆ K-12, 1-12, 7-12, 9-12
08015	Family Living	10-12	Human behavior, self philosophy of life, religion, courtship, human sexuality, preparation for marriage, marriage, family, life cycle, family crisis, families of other cultures, family units. <b>Note:</b> This course can be taught for Physical Education credit only. Family Living courses are also coded in Health and in Family and Consumer Sciences areas.	¼, ½, or 1	

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08030	General Physical Education	9-12	A combination of physical education activities to be selected by the school from that outlined below for Swimming and Water Safety 08032, Dance 08034, Individual and Dual Sports 08036 and Gymnastics 08038. At least three of the four areas must be included.	¼, ½, or 1	License Code: 08020-Health, Physical Education & Recreation ♦ K-12, 1-12, 7-12, 9-12 <b>OR</b> 08025-Physical Education ♦ K-12, 1-12, 7-12, 9-12 <b>OR</b> 08027-Health & Physical Education ♦ K-12, 1-12, 7-12, 9-12
08031	Adaptive Physical Education	9-12	Physical development activities for handicapped students. Restricted students should be included in the physical education program. The instructor should encourage students to participate in activities which are within their capabilities. All students should be able to participate in such limited activities as table games, darts, shuffle board, cards, Ping-Pong, and other adapted games. Students should be taught activities that can be done at home. Other activities possible in a restricted program include archery, badminton, croquet, golf, handball, hiking, horseshoes, swimming, and some team games.	¼, ½, or 1	
08032	Swimming and Water Safety	9-12	Learning how to swim properly and safely; improvement of strokes and endurance. Diving, lifesaving, skin diving, small craft operation, synchronized swimming, water games, and water skiing may also be included.	¼, ½, or 1	
08034	Dance	9-12	Organized activity performed by pupils, alone or with others, in patterns of sequential movements in rhythm, usually accompanied by music. Various types of dance are organized under such descriptive titles as folk, square, modern, and social.	¼ or ½	
08036	Individual and Dual Sports	9-12	Lifetime games and sports such as tennis, badminton, handball, golf, and archery should be included on a regular schedule. Other activities may include boating and canoeing, bowling, hiking and camping, horseshoes, fencing, fly and bait casting, paddle tennis, riding, skating, snowshoeing, and table tennis.	¼, ½, or 1	
08038	Gymnastics	9-12	Stunts and tumbling activities along with apparatus activities. Pyramids, relays, body mechanics, posture exercises should be a vital part of this course.	¼ or ½	

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08051	Physiology	9-12	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. <b>Note:</b> This course can be taught for Physical Education credit only. Physiology courses are also coded in Health and in Science areas.	¼ or ½	License Code: 08020-Health, Physical Education & Recreation ♦ K-12, 1-12, 7-12, 9-12 <b>OR</b> 08025-Physical Education ♦ K-12, 1-12, 7-12, 9-12
08052	Human Anatomy	10-12	An introduction to provide an advanced study of the structure of the human body. <b>Note:</b> This course can be taught for Physical Education credit only. Human Anatomy courses are also coded in Health and in Science areas.	½ or 1	<b>OR</b> 08027-Health & Physical Education ♦ K-12, 1-12, 7-12, 9-12

\* High school curricular requirements are spelled out in NDCC 15.1-21-02. Accreditation Rules can be found at <http://www.legis.nd.gov/information/acdata/pdf/67-19-01.pdf>. For accreditation, schools must provide additional units of credit based on school enrollment [see NDAC 67-19-01-32 (3)].

\*\* 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.