Dallastown Area School District

EDUCATIONAL PROGRAMS

## 2026/27 New Course Proposals - DAHS

November 2026 Information Item/Action Item

*Mrs. McCauley and Mr. Greg Thoman*

## Athletic Performance and Careers Cohort

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| **Building:** | Dallastown Area High School |
| **School Year:** | 2027-2028 |
| **Department:** | Health/PE |
| **Grade/Level:** | 10-11 |
| **Proposed Course Name:** | **Athletic Performance and Careers Cohort** |
| **Prerequisite(s):** | N/A |
| **Duration:** | 3 Trimesters - **3 Parts** *(Each Part Meets 2 days/cycle)* |

**Description: Athletic Performance and Careers Cohort** is designed for 10th and 11th-grade students interested in improving athletic performance, developing lifelong wellness habits, and exploring careers in athletics, fitness, coaching, sports medicine, nutrition, and officiating. Students examine the science and application of physical training, nutrition, recovery, mental performance, goal-setting, leadership, injury prevention, and sport management. Students apply classroom knowledge through practical experiences and career-based certifications. The course is designed to manage up to 90 students per year. Those 90 students would be split into 3 groups that would rotate through the 3 courses described below during Period 5 across all three trimesters

**Component 1:** Course Code: T0956FA - Strength Training - .5 Physical Education Credits
**Component 2:** ⭐ Course Code: T0965Q - Athletic Performance Training . 5 Physical Education Credits
*Part 3: Course Components below will be offered every other year*
**Component 3 (Y1):** Course Code:T0755A - Athletic Administration - .5 Elective Credits

- Referee certification - PIAA waives $40 fee for Junior officials
    - Students would need to get Act 34 ($22), Act 51 ($13), and Act 114($24.95) clearances
- Coaching certifications $50 - Fundamentals of Coaching Course (NFHS)

**Component 3 (Y2):** Course Code: T0972A - First Aid/CPR & Athletic Training - .5 Electives Credits

- First Aid & CPR certifications - $10.60 (American Red Cross Responding to Emergencies Cert)

Scheduling Process: During the scheduling window, students would select T0965Q, and Skyward would select the two additional courses through the Skyward linking process. Students would receive 3 independent grades for each course. The final grade would be calculated at the end of Trimester 3.

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| **Career Pathway Connection:** | Health Science, Human Services, & Education |
| **Staffing Implications:** | None |
| **Budget Implications, if any (text, technology, equipment):** | Resources needed are as follows:<br>Volt Strength Training Programs $2,000 (annual) |

⭐ **New Course Component - Athletic Performance Training (Part 2 of 3)**

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| **Building:** | Dallastown Area High School |
| **School Year:** | 2027 |
| **Department:** | Health/PE |
| **Grade/Level:** | 10 - 11 |
| **Proposed Course Name:** | Athletic Performance Training |
| **Prerequisite(s):** | None |
| **Duration:** | 1 Trimester (Delivered all year. 2 days per cycle) |

**Description:** Athletic Performance Training focuses on improving overall fitness and athletic performance through activities that develop speed, power, agility, balance, coordination, reaction time, cardiovascular fitness, flexibility, mobility, and injury prevention. Students will participate in functional and sport-specific training, set personal performance goals, and monitor their progress while applying proper training techniques. Career integration may include exploring opportunities in athletic training, personal training, strength and conditioning, coaching, physical therapy, sports medicine, and other fitness-related fields.

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| **Career Pathway Connection:** | Health Science, Human Services, & Education |
| **Staffing Implications:** | None |
| **Budget Implications, if any (text, technology, equipment):** | None |