

Physical Education

FITNESS FOR LIFE

Grades: 9-12

Credits: 0.5 Physical Education

Repeat for Credit: Yes

Prerequisite: None

This is an introductory class to promote lifelong fitness through cardio-respiratory conditioning, muscular strength, endurance and flexibility training. The class also will help with skill development through team and/or individual sports. This course will be activity based focusing on lifelong sports and activities (such as badminton and pickle ball), individual skill development, and sportsmanship. Along with these areas, mental health and wellness activities are practices incorporated to help promote a lifetime appreciation and recognition of the importance of physical fitness. Students will participate in cardiovascular assessments throughout each quarter.

AEROBIC WALKING/CONDITIONING

Grades: 10-12

Credits: 0.5 Physical Education

Repeat for Credit: Yes

Prerequisite: None

This activity-based course focuses on personal fitness as a lifelong activity. This course will provide an opportunity for students to improve their personal fitness level through power walking and a variety of other cardiovascular fitness activities. Students will participate in cardiovascular assessments throughout the semester. Along with these areas, individual skill development, sportsmanship, and mental health and wellness activities are practices incorporated.

STRENGTH & SPEED (WEIGHTS 1)

Grades: 9-12

Credits: 0.5 Physical Education

Repeat for Credit: Yes

Prerequisite: None

This course is specially designed for students interested in developing speed, power and agility. The focus will be on the principles of weight training, plyometrics, agility training, and techniques of powerlifting. This course will emphasize the five components of fitness: cardiovascular fitness, muscular endurance, muscular strength, flexibility, and body composition. Students will participate in cardiovascular assessments throughout each quarter.

ADVANCED STRENGTH & SPEED (WEIGHTS 2)

Grades: 10-12

Credits: 0.5 Physical Education

Repeat for Credit: Yes

Prerequisite: Strength & Speed (WEIGHTS 1)

This course is designed for students and athletes who have successfully completed Strength and Speed (WEIGHTS 1) and are interested in developing speed, power, and agility. The focus will be on the principles of weight training, plyometrics, agility training, and powerlifting. Students taking this class should be capable of handling a physically demanding workout. This course will emphasize the five components of fitness: cardiovascular fitness, muscular endurance, muscular strength, flexibility, and body composition.