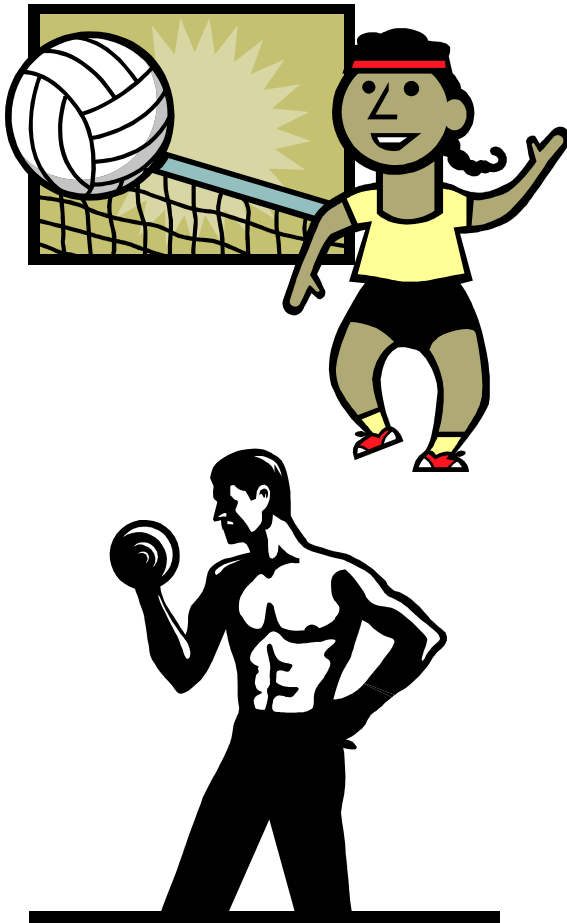


# Physical Education & Health

**(Requirement: 2 credits with 0.5 as Health)**

The Physical Education and Health Team's goal is to encourage youth to incorporate daily physical fitness into a healthy life style.

Class	Credit	Graduation Requirement	Grades
<b>Physical Education</b>			
Advanced Body Conditioning I, II	0.5	Physical Education & Health	10th-12th
Advanced P.E. and Fitness	1	Physical Education & Health	10th-12th
Beginning Body Conditioning I, II	0.5	Physical Education & Health	9th-12th
Cardio Health and Fitness	0.5	Physical Education & Health	9th-12th
Fitness for Life I, II	0.5	Physical Education & Health	10th-12th
Health	0.5	Physical Education & Health	9th
P.E. 9th	0.5	Physical Education & Health	9th
Women's Weights I, II	0.5	Physical Education & Health	9th-12th



## Advanced Body Conditioning I, II

**Credit:** 0.50      **Duration:** One Semester Each  
**Available for Grades:** 10, 11, and 12  
**Prerequisite:**  
 Teacher approval by signature only  
**Meets Graduation Requirements for:**  
 Physical Education

**Description:** This class is designed for students who want to improve both their strength and aerobic conditioning. JV and Varsity athletes, girls and boys, are encouraged to take this class; however, all self-motivated, hard working students who aren't afraid of a good workout or perspiration are welcome. Class size is limited to 32 due to facilities. The grade is based on daily participation, suiting down, fitness testing, maxing, and teacher observation.

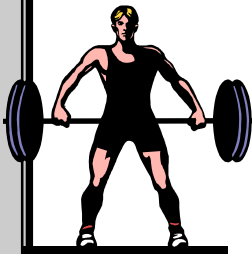
## Advanced P.E. and Fitness

**Credit:** 1.00      **Duration:** One Year  
**Available for Grades:** 10, 11 and 12  
**Meets Graduation Requirements for:** Physical Education

**Description:** This course was developed to give students an advanced experience in all the phases of the Physical Education sequence. The following areas will be covered: aerobic conditioning, weight training, and individual and team activities. Students must furnish P.E. shorts or sweats, a T-shirt, tennis shoes and a lock for their P.E. locker. Jean shorts are not to be worn during class. Daily participation and dressing out are essential to successful completion of the course.

# Physical Education & Health

## Beginning Body Conditioning



**Credit:** 0.50  
**Duration:** One Semester  
**Available for Grades:** 9, 10, 11 and 12  
**Meets Graduation Requirements for:** Physical Education

**Description:** This class is designed for students who want to improve both their strength and aerobic conditioning. JV and Varsity athletes, girls and boys, are encouraged to take this class; however all self-motivated, hard working students who aren't afraid of a good workout or perspiration are welcome. Class size is limited to 32 due to facilities. The grade is based on daily participation, suiting down, fitness testing, and max testing.

## Cardio Health & Fitness

**Credit:** 0.50  
**Duration:** One Semester  
**Available for Grades:** 9th-12th  
**Meets Graduation Requirement For:** Physical Education

**Description:** This class is designed for those students who want to improve their Cardiovascular conditioning through low, medium, and high impact conditioning techniques. Workouts and fitness monitoring will be developed for each student by the instructor and the students. Activities will include walking, power walking, jogging, fitness circuits, weight training, and other activities. The student's progress will be measured by Body Mass index and electronic heart monitoring. Daily participation is required.

## Fitness for Life I, II

**Credit:** 0.50      **Duration:** One Semester Each  
**Available for Grades:** 9, 10, 11 and 12  
**Meets Graduation Requirements for:** Physical Education

**Description:** this class is designed for the person who is interested in improving their cardiovascular conditioning. Aerobic workouts, step aerobics, weights, yoga, and power walking will be used to achieve aerobic fitness. Daily participation and suiting down are required.

## Health

**Credit:** 0.50      **Duration:** One Semester  
**Available for Grades:** 9th  
**Meets Graduation Requirement For:** Health component of Physical Education

**Description:** This is a comprehensive health course. The main content areas covered include: eating disorders, nutrition, fitness, drug prevention, and sexuality education. This class is designed to give students information to help them make healthy decision which are practiced through self-esteem and communication skills.

**Note:** This class rotates within 9th grade PE.

## P.E. 9th

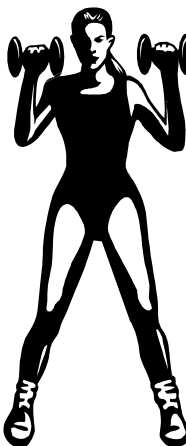
**Credit:** 1.00      **Duration:** One Year  
**Available for Grades:** 9  
**Meets Graduation Requirements for:** Physical Education

**Description:** This course was developed to give students a beginning level experience in all the phases of the Physical Education sequence. The following areas will be covered: aerobic conditioning, weight training, and individual and team activities. Students must furnish P.E. shorts or sweats, a T-shirt, tennis shoes and a lock for their P.E. locker. Jean shorts are not to be worn during class. Daily participation and dressing out are essential to successful completion of the course.



## Women's Weights I, II

**Credit:** 0.50      **Duration:** One Semester Each  
**Available for Grades:** 9, 10, 11 and 12  
**Meets Graduation Requirements for:** Physical Education



**Description:** This class is designed for female students who want to improve both their strength and aerobic conditioning. JV and Varsity athletes are encouraged to take this class; however, all self-motivated, hard working students who aren't afraid of a good workout or perspiration are welcome. Class size is limited to 32 due to facilities. The grade is based on daily participation, suiting down, fitness testing, and max testing.