

PHYSICAL EDUCATION ELECTIVES

Cardiovascular exercises will be required in all PE classes. Beginning with the freshman class of 1999-2000, all students must have .5 credits in PE, in addition to Personal Fitness.

TEAM SPORTS I/II

Course #: 1503350/150360
Grade Offered: 10, 11, & 12
Course Length: One semester each
Prerequisite: None

Students may have the opportunity to experience basketball, football, volleyball, tennis and more. The content will include safety, rules, and skills that are necessary to participate in each activity.

FITNESS LIFESTYLE DESIGN

Course #: 1501310
Grade Offered: 9, 10, 11, & 12
Course Length: One semester
Prerequisite: None

The purpose of this course is to enable students to extend their knowledge of fitness concepts; design, implement, and evaluate a personal fitness program; and develop an individualized level of health-related fitness.

FITNESS ISSUES FOR ADOLESCENCE

Course #: 1501320
Grade Offered: 9, 10, 11, & 12
Course Length: One semester
Prerequisite: None

The purpose of this course is to enable students to acquire knowledge of fitness concepts and related adolescent issues and to develop an individualized level of health-related fitness.

BEGINNING WEIGHT TRAINING

Course #: 1501340
Grade Offered: 9, 10, 11, & 12
Course Length: One semester
Prerequisite: None

Students will have the opportunity to acquire basic knowledge and skills in weight training that may be used in physical fitness pursuits today as well as later in life.

INTERMEDIATE WEIGHT TRAINING

Course #: 1501350
Grade Offered: 10, 11, & 12
Course Length: One semester
Prerequisite: Beginning Weight Training

Students will have the opportunity to extend the acquisition of knowledge and the development of skills in weight training that may be used in physical fitness pursuits today as well as later in life.

ADVANCED WEIGHT TRAINING

Course #: 1501360
Grade Offered: 10, 11, & 12
Course Length: One semester
Prerequisite: Intermediate Weight Training

Students will have the opportunity to further extend the acquisition of knowledge & the development of skills in weight training that may be used in physical fitness pursuits today as well as later in life.

BEGINNING POWER WEIGHT TRAINING

Course #: 1501410
Grade Offered: 10, 11, & 12
Course Length: One semester
Prerequisite: Advanced Weight Training

The purpose of this course is to enable students to acquire basic knowledge and skills in power weight training and to maintain or improve health-related fitness.

INDIVIDUAL & DUAL SPORTS I/II/III

Course #: 1502410/1502420/1502430
Grade Offered: 9, 10, 11, & 12
Course Length: One semester each
Prerequisite: None

Students may have the opportunity to experience tennis, badminton, bowling and more. The content will include safety, rules and skills that are necessary to participate in each activity.

COMP FITNESS

Course #: 1501390
Grade Offered: 9, 10, 11, & 12
Course Length: One semester
Prerequisite: None

The purpose of this course is to enable students to develop understanding of fitness concepts, design a personal fitness program, and develop an individualized level of health-related fitness.