

PHYSICAL EDUCATION

Course Title	Course #	Credit	Level	Prerequisite	NCAA
9-10 GRADE PHYSICAL EDUCATION	75312	0.5	9-10	None	No
	This course will offer a variety of team and individual sports as well as lifetime skills and fitness. The components of fitness (cardiovascular, muscular endurance, muscular strength, flexibility, and body composition) will be implemented daily. The team sports will include soccer, ultimate frisbee, softball, volleyball, basketball, floor hockey and various games. The individual sports will include tennis, pickleball, badminton, eclipse ball and bowling. <i>Meets Graduation Requirements in: Physical Education.</i>				
ATHLETIC TRAINING I	75330	0.5	9-12	None	No
Fee: \$20.00	This course is designed for students interested in athletic training, accident prevention, injury evaluation, first aid care and CPR. <i>Meets Graduation Requirements in: Physical Education.</i>				
ATHLETIC TRAINING II	75340	0.5	9-12	See Below	No
Fee: \$20.00	Prerequisite: Successful completion of Athletic Training and teacher approval. This course builds on the concepts learned in Athletic Training I. Students will develop advanced techniques of athletic training and gain further knowledge of how to recognize and treat athletic injuries. <i>Meets Graduation Requirements in: Physical Education.</i>				
BEGINNING DANCE	75453 Fall	0.5	9-12	None	No
BEGINNING DANCE	75453 Spring	0.5	9-12	None	No
	This course is designed to introduce students to various dance forms. Dance units primarily include jazz, lyrical and funk. Students will be required to learn basic dance elements and choreographed dance patterns. <i>Meets Graduation Requirements in: Physical Education.</i>				
ADVANCED DANCE	75460 Fall	0.5	9-12	Teacher Approval	No
ADVANCED DANCE	75460 Spring	0.5	9-12	Teacher Approval	No
	This course is designed for those students who have a strong studio dance background. Dance units include jazz, lyrical and funk. Students will learn more advanced elements and combinations, choreographed dance patterns and will lead warm-ups, teach dances and choreograph their own dances. <i>Meets Graduation Requirements in: Physical Education.</i>				
INDIVIDUAL SPORTS	75313 Fall	0.5	9-12	None	No
INDIVIDUAL SPORTS	75314 Spring	0.5	9-12	None	No
Fee: \$75.00 includes activity trips for bowling, golf, etc	This course is for all ability levels who are interested in a variety of lifetime sports and the continued involvement in lifetime fitness. <i>Meets Graduations Requirements in: Physical Education.</i>				
STRENGTH & CONDITIONING	75350 Fall	0.5	9-12	None	No
STRENGTH & CONDITIONING	75351 Spring	0.5	9-12	None	No
	This course will focus on health related fitness development in the areas of flexibility, strength training, speed, agility, quickness and cardiovascular endurance. <i>Meets Graduations Requirements in: Physical Education.</i>				

Course Title	Course #	Credit	Level	Prerequisite	NCAA
SHAPE UP	75322 Fall	0.5	9-12	None	No
SHAPE UP	75323 Spring	0.5	9-12	None	No
	This course is designed to help students understand and apply basic fitness concepts that can be utilized throughout life. Cardiovascular fitness, flexibility, Circuit training, and cross training principles will be emphasized. Students will work toward personal goals and designing of their own fitness program. <i>Meets Graduation Requirements in: Physical Education.</i>				
SPORTS TRAINING	75525 Fall	0.5	10-12	Strength	No
SPORTS TRAINING	75530 Spring	0.5	10-12	Strength	No
	Sports Training is a more advanced weight lifting class for those who wish to push themselves. It is run at a much higher intensity than Strength and Conditioning. In the weight room it is expected that the student has a greater understanding of weight lifting techniques and therefore will be required to learn more complicated lifts. Outside the weight room students will be performing (SAQ) drills that will require maximum effort. High-level plyometrics, balance and agility will be stressed. <i>Meets Graduation Requirements in: Physical Education.</i>				
TEAM SPORTS	75302 Fall	0.5	11-12	None	No
TEAM SPORTS	75303 Spring	0.5	11-12	None	No
	This course is for all ability levels who are interested in a variety of team sports and lifestyle of fitness. <i>Meets Graduation Requirements in: Physical Education.</i>				
HEALTHY DECISIONS	55300	0.5	9-10	No	No
	See Family and Consumer Sciences section for description.				