

PHYSICAL EDUCATION OFFERINGS 2023-2024 *Courses are listed in the year a student typically takes the classes.*

Required Course Offerings			
Course Description	Prerequisites	Grade	Units
Personal Fitness is designed to help students understand why exercise and fitness are important in developing a healthy and active lifestyle. The course will emphasize successful strategies for maintaining good cardiovascular endurance, flexibility, muscular strength, muscular endurance and body composition. It will follow a conceptual approach dealing with the following topics: the nature of fitness, assessing individual fitness, developing and maintaining a life-long fitness program, and developing an appreciation for efficient movement by viewing it as both an art and a science. Fitness progress and assessments will be made utilizing POLAR Heart Rate Monitor technology to determine cardiovascular fitness levels and their relation to the individuals target heart rate zone. This course is offered in both fall and spring semesters.	N/A	11-12	1/2 unit per semester
Health (Contemporary Health Issues) provides a direct and factual approach to health education that is practical, personal, and positive. Health topics include safety, drug education, nutrition, personal health, growth and development building self-esteem and relationship skills. By acquiring the knowledge, attitudes, and skills necessary to a healthful life, students learn to take responsibilities for their own health. This course is offered in both fall and spring semesters.	N/A	11-12	1/2 unit per semester
Health (T) Contemporary Health Issues Same as above. This course is team taught with special education support to make indicated adjustments in methodology and/or management.	IEP Rec.	11-12	1/2 unit per semester
Elective Course Offerings			
Introductory Team Sports A & B is designed to introduce students to three different team sports, with no one sport less than 4 weeks or longer than 8 weeks. Those from which the selection is made include the following: basketball, gym hockey, soccer, speedball, flag football, ultimate Frisbee, team handball, softball, and volleyball. Others may be substituted depending upon facilities and equipment. This course will offer students the opportunity to learn the history, rules and regulations, etiquette, strategy and judgment, and the basic motor skills of each selected activity.	N/A	9-12	1/2 unit per semester
Advanced Team Sports A & B is designed to elevate the students' knowledge of multiple team activities. Those from which the selection is made include the following: volleyball, basketball, ultimate Frisbee, flag football, and soccer. Others may be substituted based on facilities and equipment. This course will offer students the opportunity to learn how tournament rules, brackets, and strategies are established, as well as, working with other students in a team setting utilizing skills of each selected activity.	Intro	10-12	1/2 unit per semester
Weight Training A & B is designed to introduce students to a weight-training program that will promote over-all body fitness. The student will be exposed to different types of weight equipment and methods of training with weights. The student will also gain knowledge of the different types of exercises, correct techniques of executing the various exercises, proper breathing, and the safety factors involved in spotting.	N/A	9	1/2 unit per semester
Advanced Weight Training A & B is designed to introduce students to a weight-training program that will promote over-all body fitness. The student will be exposed to different types of weight equipment and methods of training with weights. The student will also gain knowledge of the different types of exercises, correct techniques of executing the various exercises, proper breathing, and the safety factors involved in spotting.	N/A	10	1/2 unit per semester
Physical Conditioning A & B provides opportunities for students to participate in a variety of activities to enhance flexibility, muscular strength and endurance, cardiovascular endurance and body composition. Includes fitness concepts for the development of healthy lifetime habits and assessment of personal fitness levels.	N/A	11	1/2 unit per semester

<p>Advanced Physical Conditioning A & B is designed to help students understand why exercise and fitness are Important in developing a healthy and active lifestyle. The course will emphasize successful strategies for maintaining good cardiovascular endurance, flexibility, muscular strength, muscular endurance and body composition. It will follow a conceptual approach dealing with the following topics: the nature of fitness, assessing individual fitness, developing and maintaining a life-long fitness program, and developing an appreciation for efficient movement by viewing it as both an art and a science.</p>	N/A	12	1/2 unit per semester
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