

PHYSICAL EDUCATION

Diploma Requirements

All students are required to earn one-half unit of Physical Education in grade 9 and in grade 11.

Students may elect Physical Education courses for additional elective credits.

A maximum of four units of Physical Education may be counted toward the required units of credit for a diploma. Additional units, although not counted for graduation credits, may be earned.

FIRST REQUIRED COURSE

PHYSICAL FITNESS CONCEPTS

Grade: 9

PHYFIT GIRLS Girls # **087500**

PHYFIT BOYS Boys # **087600**

1/2 credit (required)

Prerequisite: None

This course is the first required course to be taken in the physical education department and fulfills one-half of the physical education requirement. The content of the course involves participation in physical fitness activities, an aquatic fitness unit, and exposure to a variety of sport and lifetime-recreational activities. Emphasis will be placed on self-assessment, achievement, and maintaining of personal health-related physical fitness goals. As a requirement of the course, the students will be responsible for developing a personal fitness plan.

SECOND REQUIRED COURSE CHOICES

PHYSICAL FITNESS CONCEPTS 2 **087120**

Grades: 10-12

P.E. 2

1/2 credit

Prerequisite: Physical Fitness Concepts

This course will focus on the skill related components of fitness. Students will participate in a variety of discussions/activities that provide an understanding of the sport/skill related fitness components. Class activities will assist in the development of speed, power, balance, agility, coordination, core strength development and reaction time. Discussions will also include the principles of movement, training principles and injury prevention.

LIFEGUARD TRAINING

087830

Grades: 10-12

LIFGRD TRNG

1/2 credit

Prerequisite: Physical Fitness Concepts

This course will include the latest techniques in water safety, swimming and non-swimming rescues, CPR, Automated External Defibrillator and First Aid Training for the professional rescuer. The course content also includes the duties and responsibilities of a professional lifeguard. Participants in this course will be required to be 15 years old upon completion of the course, be able to continuously swim 300 yards using freestyle and breaststroke, and perform a deep-water surface dive with the retrieval of a 10lb diving brick.

WALKING FITNESS

087400

Grades: 10-12

WLKNG FTNES

1/2 credit

Prerequisite: Physical Fitness Concepts

This course incorporates creative walking programs to improve student fitness levels and promote lifetime fitness. Various assessments will be used to develop students' understanding in regards to the importance of their overall fitness, with an emphasis on cardiovascular fitness. Correct methods of walking, aerobic walking, exercise principles, and health and nutrition concepts will be addressed.

AQUATIC FITNESS/LEARN TO SWIM **087840**

Grades: 10-12

AQUA FIT/LTS

1/2 credit

Prerequisite: Physical Fitness Concepts

This course will promote cardiovascular fitness through participation in a variety of aquatic activities. Non-swimmers will be provided with a strong foundation to progress towards becoming a competent swimmer through the American Red Cross' "Learn to Swim" program. Emphasis will be placed on buoyancy and breathing, entries and exits, and personal safety. These topics will be presented in a variety of methods including skill- and game-related activities. Experienced swimmers will also benefit from the course by participating in the higher levels of the Learn to Swim program. This higher-level course will focus on stroke development and cardiovascular fitness.

PHYSICAL EDUCATION

STRENGTH AND CONDITIONING

Grades: 10-12

087200

STRENGTH/CON

1/2 credit

Prerequisite: Physical Fitness Concepts

This course meets the requirements for the second ½ credit of physical education, or may be taken for elective credit. The content of the course includes safety procedures in the weight room, proper warm-up & cool-down methods, and weight training techniques. Students will participate in a variety of cardiovascular, agility, plyometric, flexibility, and core strength training activities.

These elective courses may not be counted toward the two required courses for graduation:

ELECTIVE CREDIT COURSES

COMPETITIVE SPORTS AND GAMES

087140

Grades: 10-12

COMPSRTS/GMS

1/2 credit

Prerequisite: Physical Fitness Concepts & second required PE course

This course will include a variety of fitness activities and team sports activities. Instruction is aimed at developing fitness and sports skills, and an understanding of the rules of the games. Students will also examine coaching and team strategies, and officiating mechanics for each sport.

AQUATIC EXPERIENCES/SCUBA

087820

Grades: 11-12

AQTC EX/SCBA

1/2 credit

Prerequisite: Physical Fitness Concepts, second required PE course, deep water swimming skills, and instructor's consent.

This course will include small watercraft experiences, advanced pool activities, and scuba diving instruction and certification (a parental waiver and fee is required for PADI Certification). The course is an activity-based class and is only recommended for those who are self-motivated and are strong swimmers. Cardiovascular fitness will be developed throughout the semester through participation in various aquatic activities. Scuba and small craft experiences may require the class to participate in off-campus field trips.

ADVANCED STRENGTH & CONDITIONING 087220

Grades: 11-12

ADV STRN TRN

1/2 credit

Prerequisite: Physical Fitness Concepts, Strength Training and Conditioning and consent of instructor with whom student had Strength and Conditioning.

This course is for highly motivated students who wish to learn and apply practical principles of strength and conditioning to strength training, flexibility development, and cardiovascular conditioning. Students will study and engage in personal programs of conditioning that are designed to achieve specific developmental goals.

ADVENTURE PURSUITS

087300

Grades: 11-12

ADVNTN PRSTS

1/2 credit

Prerequisite: Physical Fitness Concepts and second required PE course

This course will promote components such as team-building, critical thinking, cooperation and encouragement through such activities as cycling, rock climbing, kayaking, orienteering and outdoor living. Students will be tested on proper equipment usage and safety procedures.

P.E. MENTOR

087950

Grades 10-12

P.E. MENTOR

1/2 credit

Prerequisite: Fitness Concepts 1 and 2nd required P.E. course; instructor consent

This course will give students the opportunity to improve their skills in mentoring others as they serve as assistants for students with physical and developmental disabilities who are enrolled in Physical Education. Students will take on the role of "buddies" to provide leadership in a variety of physical fitness games and activities.