

Physical Education Courses

Course Title	9th Grade	10th Grade	11th Grade	12th Grade
Broadway Dance	•	•	•	•
Advanced Dance	•	•	•	•
Advanced Team Sports			•	•
Athletic Training I	•	•	•	•
Athletic Training II	•	•	•	•
Beginning Dance	•	•	•	•
Individual Sports	•	•	•	•
Power Weights		•	•	•
Shape Up	•	•	•	•
Sport Training	•	•	•	•
Strength & Conditioning	•	•	•	•
Team Sports	•	•	•	•

“Exercise and recreation are as necessary as reading. I will rather say more necessary, because health is worth more than learning.”

Thomas Jefferson

Broadway Dance 70910	Credit 0.5	\$20/Semester	Grade: 9-12
--------------------------------	----------------------	----------------------	-----------------------

Prerequisites: None
Graduation Req: Physical Education

This course is designed to teach the student who is new to dance the basics of a wide variety of stage movement that is utilized in performance situations. Ballet, tap, jazz, and improvisational dance will be the focus of the semester. Students will be required to dress in clothing appropriate for movement and participate in warm-ups and dance classes. The students will also be required to choreograph a dance piece at the end of each unit. This is a performance-based class.

Advanced Team Sports - Fall 75480	Credit 0.5		Grade: 11-12
---	----------------------	--	------------------------

Prerequisites: None
Graduation Req: Physical Education

This course will offer a variety of sports as well as lifetime skills. The components of fitness (cardiovascular endurance, muscular endurance, muscular strength, flexibility, and body composition) will be implemented daily. This course may be taken more than once for elective credit.

Advanced Team Sports - Spring 75480XX	Credit 0.5		Grade: 11-12
---	----------------------	--	------------------------

Prerequisites: None
Graduation Req: Physical Education

This course will offer a variety of sports as well as lifetime skills. The components of fitness (cardiovascular endurance, muscular endurance, muscular strength, flexibility, and body composition) will be implemented daily. This course may be taken more than once for elective credit.

Athletic Training I 75330	Credit 0.5	\$30/Semester	Grade: 9-12
-------------------------------------	----------------------	----------------------	-----------------------

Prerequisites: None
Graduation Req: Physical Education

This course is designed for students interested in athletic training, accident prevention, injury evaluation, first aid care and CPR.

Athletic Training II 75340	Credit 0.5	\$30/Semester	Grade: 9-12
--------------------------------------	----------------------	----------------------	-----------------------

Prerequisites: Successful completion of Athletic Training I, instructor approval.
Graduation Req: Physical Education

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. *Students must take at least a .5 credit in an activity based course to meet graduation requirements. Taking Athletic Training I & II does not meet the 1 credit requirement.

Beginning Dance 75453	Credit 0.5	\$20/Semester	Grade: 9-12
---------------------------------	----------------------	----------------------	-----------------------

Prerequisites: None
Graduation Req: Physical Education

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. This course may be taken more than once for elective credit.

Individual Sports – Fall 75313	Credit 0.5		Grade: 9-12
--	----------------------	--	-----------------------

Prerequisites: None
Graduation Req: Physical Education

This course is for all ability levels who are interested in a variety of lifetime sports and the continued involvement in lifetime fitness. This course may be taken more than once for elective credit.

Individual Sports – Spring 75310XX	Credit 0.5		Grade: 9-12
--	----------------------	--	-----------------------

Prerequisites: None
Graduation Req: Physical Education

This course is for all ability levels who are interested in a variety of lifetime sports and the continued involvement in lifetime fitness. This course may be taken more than once for elective credit.

Power Weights – Fall 75376	Credit 0.5	\$50/Semester	Grade: 10-12
--	----------------------	----------------------	------------------------

Prerequisites: Strength and Conditioning
Graduation Req: Physical Education

This is an advanced weight training class intended to prepare students for athletic competition. It is designed to help students who are in-season and out-of-season with sport specific training. This course may be taken more than once for elective credit.

Power Weights – Spring 75376XX	Credit 0.5	\$50/Semester	Grade: 10-12
--	----------------------	----------------------	------------------------

Prerequisites: Strength and Conditioning, teacher approval
Graduation Req: Physical Education

This is an advanced weight training class intended to prepare students for athletic competition. It is designed to help students who are in-season and out-of-season with sport specific training. This course may be taken more than once for elective credit.

Shape Up – Fall 75322	Credit 0.5	\$20/Semester	Grade: 9-12
---------------------------------	----------------------	----------------------	-----------------------

Prerequisites: None
Graduation Req: Physical Education

This course is administered in a group exercise format. Students will learn various ways to exercise and improve overall fitness and health. Hi-low aerobics, hip hop aerobics, salsa aerobics, step aerobics, weight training, yoga, and tabata will be taught. Additionally, students will learn the components of fitness along with the principles of each and how lack of exercise and poor nutrition can affect their overall health. This course may be taken more than once for elective credit.

Shape Up – Spring 75322XX	Credit 0.5	\$20/Semester	Grade: 9-12
-------------------------------------	----------------------	----------------------	-----------------------

Prerequisites: None
Graduation Req: Physical Education

This course is administered in a group exercise format. Students will learn various ways to exercise to improve overall fitness and health. Hi-low aerobics, hip hop aerobics, salsa aerobics, step aerobics, weight training, yoga, and tabata will be taught. Additionally, students will learn the components of fitness along with the principles of each and how lack of exercise and poor nutrition can affect their overall health. This course may be taken more than once for elective credit.

Strength & – Conditioning - Fall 75360	Credit 0.5	\$20/Semester	Grade: 9-12
--	----------------------	----------------------	-----------------------

Prerequisites: None
Graduation Req: Physical Education

This is a beginning weight training class which focuses on health related fitness development in the areas of flexibility, strength training, speed, agility, quickness and cardiovascular endurance. This course may be taken more than once for elective credit.

Strength & – Conditioning – Spring 75360 XX	Credit 0.5	\$20/Semester	Grade: 9-12
---	----------------------	----------------------	-----------------------

Prerequisites: None
Graduation Req: Physical Education

This is a beginning weight training class which focuses on health related fitness development in the areas of flexibility, strength training, speed, agility, quickness and cardiovascular endurance. This course may be taken more than once for elective credit.

Team Sports – Fall
75302

Credit
0.5

Grade:
9-12

Prerequisites: None

Graduation Req: Physical Education

This course will offer a variety of sports as well as lifetime skills. The components of fitness (cardiovascular endurance, muscular endurance, muscular strength, flexibility, and body composition) will be implemented daily. This course may be taken more than once for elective credit.

Team Sports – Spring
75300XX

Credit
0.5

Grade:
9-12

Prerequisites: None

Graduation Req: Physical Education

This course will offer a variety of sports as well as lifetime skills. The components of fitness (cardiovascular endurance, muscular endurance, muscular strength, flexibility, and body composition) will be implemented daily. This course may be taken more than once for elective credit.