

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

087110

Physical Fitness Concepts

Infinite Campus Name: **PHYS FIT CON**

Grade(s): 09 - 10

Prerequisite: None

1/2 PE credit each semester

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 and implementing a personal fitness plan.

SECOND REQUIRED COURSE OPTIONS

Please choose one of the following - please note prerequisites::

087840

Aquatic Fitness / Learn To Swim

Infinite Campus Name: **AQUA FIT/LTS**

Grade(s): 10 - 12

Prerequisite: Physical Fitness Concepts

1/2 PE credit each semester

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.

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087830

Lifeguard Training

Infinite Campus Name: **LIFGRD TRNG**

Grade(s): 10 - 12

Prerequisite: Physical Fitness Concepts

1/2 PE credit each semester

Revised course description: This course will provide students with all the latest American Red Cross standards for Lifeguarding in regards to injury prevention and rescue skills. The course content also includes the duties and responsibilities of a professional lifeguard. In order to receive lifeguard certification, students will be required to be 15 years old upon completion of the course and meet all American Red Cross course requirements, which includes both physical and knowledge based skills. This course meets the second 1/2 physical education credit requirement for graduation.

087960

Movement to Music

Infinite Campus Name: **MOVEMENT 2 MUSIC**

Grade(s): 10 - 12

½ Physical Education Credit

Prerequisite: Physical Fitness Concepts

This course allows students to increase their confidence, courage, and competence as they participate in a variety of fitness pursuits such as dance fitness, yoga, Zumba, resistance training, pilates, and cultural dances. Course objectives include creating an awareness and appreciation of different cultures through movement; developing personal fitness through a variety of physical activities that incorporate rhythm and music; and developing an understanding of the relationship between movement and personal well-being. Students will be expected to reflect on their motivation, confidence, and personal fitness as well as develop a sustainable fitness plan. This course meets the second 1/2 physical education credit requirement for graduation.

087970

Yoga for Fitness, Health and Wellbeing

Infinite Campus Name: **YOGA FOR FITNESS & WELLBEING**

Grade(s): 11 - 12

Prerequisite: Physical Fitness Concepts

1/2 PE credit each semester

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Yoga may have beneficial effects on several student outcomes including mental state, health, performance, and positive behaviors. This also gives us a low-impact course offering for students needing .5 credit.

087200

Strength and Conditioning

Infinite Campus Name: **STRENGTH/CON**

Grade(s): 10 - 12

Prerequisite: Physical Fitness Concepts

1/2 PE credit each semester

This course meets the requirements for the second, one-half credit of physical education, or may be taken for elective credit. The content of the course includes basic weight training techniques, as well as training practices and safety procedures in the weight room. Students will learn a variety of lifts and strength training principles for developing muscle and endurance. Students will also participate in a variety of exercises and activities that will develop muscle fitness, as well as cardiovascular fitness, flexibility and fitness skills, such as agility and power.

087220

Advanced Strength & Conditioning

Infinite Campus Name: **ADV STRN TRN**

Grade(s): 10 - 12

Prerequisite: Physical Fitness Concepts & Strength and Conditioning

1/2 Electives credit each semester

This course is for highly motivated students who wish to learn and apply fitness development principles to strength and weight training applications. Students will study and engage in personalized programs of strength and fitness conditioning that are designed to achieve specific developmental goals.

087400

Walking and Low-Impact Physical Activities

Infinite Campus Name: **WLKNG FTNES**

Grade(s): 10 - 12

Prerequisite: Physical Fitness Concepts

1/2 PE credit each semester

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This course introduces students to walking for fitness, as well as a variety of other low-to-moderate lifetime and leisure physical activities. A major expectation of this course is for students to develop their personal fitness and to develop competency with a variety of physical activities that promote lifelong fitness. Students will also be expected to assess their personal fitness and develop a personal health plan, incorporating fitness training principles, as well as safety and dietary guidelines. This course meets the second ½ physical education credit requirement for graduation.

087300

Adventure Pursuits

Infinite Campus Name: **ADVNTR PRSTS**

Grade(s): 10 - 12

Prerequisite: Physical Fitness Concepts

1/2 PE credit each semester

This course will promote components such as team-building, critical thinking, cooperation and encouragement through outdoor and adventure activities such as rock climbing, kayaking, cycling, orienteering and outdoor living. Students will be assessed on their participation, facilitation skills, proper equipment usage, and application of safety procedures. This course meets the second 1/2 physical education credit requirement for graduation.

087820

Aquatic Experiences / SCUBA

Infinite Campus Name: **AQTC EX/SCBA**

Grade(s): 10 - 12

Prerequisite: Physical Fitness Concepts & 2nd Required PE Course

1/2 PE credit each semester

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 (Professional Association of Diving Instructors) 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.

087140

Competitive Sports and Games

Infinite Campus Name: **COMPSRTS/GMS**

Grade(s): 10 - 12

Prerequisite: Physical Fitness Concepts

1/2 PE credit each semester

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This course will include a variety of fitness activities and team sport activities. Instruction is aimed at developing fitness and sports skills, as well as an understanding of the rules of traditional and non-traditional team sports games. Students will also examine coaching and team strategies, and officiating mechanics for each sport. This course meets the second 1/2 physical education credit requirement for graduation.

087950

P.E. Mentor

Infinite Campus Name: **P.E. MENTOR**

Grade(s): 10 - 12

Prerequisite: Fit. Con. I and 2nd Required P.E. Course

1/2 Electives credit each semester

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.