

# 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 087110**

Grade: 9-10

PHYS FIT CON

1/2 Physical Education Credit

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

Choose one of the following:

### **AQUATIC FITNESS/LEARN TO SWIM 087840**

Grades: 10-12

AQUA FIT/LTS

1/2 Physical Education 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.

### **LIFEGUARD TRAINING**

**087830**

Grades: 10-12

LIFGRD TRNG

1/2 Physical Education Credit

Prerequisite: Completion of Physical Fitness Concepts

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.

### **MOVEMENT 2 MUSIC**

**087960**

Grade: 10-12

Movement 2 Music

1/2 Physical Education Credit

Prerequisite: Completion of Physical Fitness Concepts Course

This course allows students an opportunity to participate in a variety of individual fitness pursuits, such as Pilates, Yoga, Zumba, Walking, and Aerobics (Step, Dance, and Water). Music will be incorporated to help entertain students as they engage in moderate-to-vigorous physical fitness. Students will develop their competency in rhythms, dance, and fitness skills that will enable them to confidently and safely pursue personal fitness opportunities. Students will be expected to assess their personal fitness and develop a personal health plan, incorporating fitness training principles and dietary guidelines. This course meets the second 1/2 physical education credit requirement for graduation.

### **STRENGTH AND CONDITIONING**

**087200**

Grades: 10-12

STRENGTH/CON

1/2 Physical Education Credit

Prerequisite: Physical Fitness Concepts 1

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.

# PHYSICAL EDUCATION

## **WALKING AND LOW-IMPACT PHYSICAL ACTIVITIES 087400**

Grade: 10-12  
WLKNG FTNES  
1/2 Physical Education Credit  
Prerequisite: Physical Fitness Concepts

This course introduces students to walking for fitness, as well as a variety of other low-to-moderate intensity 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 physical education credit requirement for graduation.

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

## **ELECTIVE CREDIT COURSES**

### **LET'S MOVE TOGETHER 084950**

Grade: 9-12  
Let's Move Together  
1/2 Physical Education Credit  
Prerequisite: Counselor approval

This course provides modified instruction for students with unique abilities in the area of physical education. Students will develop physical and fundamental motor skills and patterns (throwing, catching, walking, running), as well as skills in aquatics, dance, and individual group games and sports. Each student will be working together with general education mentors in grades 10-12, to increase competency in fitness and sport skills, and increase enjoyment of physical activity.

### **ADVANCED STRENGTH & CONDITIONING 087220**

Grades: 10-12  
ADV STRN TRN  
1/2 Electives Credit  
Prerequisite: Physical Fitness Concepts 1, Strength and Conditioning

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 personal programs of strength and fitness conditioning that are designed to achieve specific developmental goals.

### **AQUATIC EXPERIENCES/SCUBA 087820**

Grades: 10-12  
AQTC EX/SCBA  
1/2 Electives Credit  
Prerequisite: Physical Fitness Concepts 1, second required PE course, 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 (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.

### **COMPETITIVE SPORTS AND GAMES 087140**

Grade: 10-12  
COMPSRTS/GMS  
1/2 Physical Education Credit  
Prerequisite: Physical Fitness Concepts

This course will include a variety of fitness activities and team sports activities. Instruction is aimed at developing fitness and sports skills, as well as an understanding of the rules of the 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.

### **P.E. MENTOR 087950**

Grades 10-12  
P.E. MENTOR  
1/2 Electives Credit  
Prerequisite: Physical Fitness Concepts, second required PE course and teacher recommendation or department approval.

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.