

## **COURSE DESCRIPTIONS**

### **HEALTH AND PHYSICAL EDUCATION**

#### **Physical Education I (48810011)**

**Grade Level: 9<sup>th</sup>**

**Prerequisite(s): None**

Physical Education I involves the teaching of lifetime leisure sports, individual sports, and team sports. Skills learned will be reinforced and advanced skills will be introduced. This course focuses on physical fitness and its evaluation and maintenance. The student develops a personalized fitness program based on his/her fitness goals. Content includes refining selected motor skills with emphasis on lifetime recreational activities to develop and maintain a healthy lifestyle.

Note: Graduation requirement

#### **Physical Education II (48820011)**

**Grade level: 10<sup>th</sup>-12<sup>th</sup>**

**Prerequisite(s): Department chair approval**

Physical Education II is designed for students who desire to develop advanced skills in selected games and sports including physical fitness. It emphasizes physical fitness and the refinement of skills, rules, techniques, and strategies for individual and team sports.

#### **Personal Fitness (48830011)**

**Grade level: 10<sup>th</sup>-12<sup>th</sup>**

**Prerequisite(s): Department chair approval**

Personal Fitness is designed to encourage physical fitness as a lifetime activity. The class includes student self-evaluation and individualized programs in strength, muscular endurance, cardiovascular, flexibility, and freedom from obesity.

Activities emphasized in the class are stretching and aerobic exercising, with some circuit strength training. Class size is limited for safety concerns

#### **Strength and Conditioning (48840011)**

**Grade level: 10<sup>th</sup>-12<sup>th</sup>**

**Prerequisite(s): Department chair approval**

Strength and Conditioning is designed for students who desire to increase muscle strength and mass. The class emphasis is on building strength, endurance, and power. Students will design individual workout plans, chart progress, test max levels, and revise and modify accordingly throughout the year. Some aerobic conditioning will be involved. Class size is limited for safety concerns.

#### **Health Education I (48910111)**

**Grade level: 9<sup>th</sup>**

**Prerequisite(s): None**

Health Education I consists of instruction in the following health areas: personal wellness, behavior choices, communicable and non-communicable diseases, mental and emotional health, self management and coping strategies, nutrition, safety and first aid.

Note: Graduation requirement

#### **Fundamentals of Dance I (48418911)**

**Grade level: 9<sup>th</sup>-10<sup>th</sup>**

**Prerequisite(s): None**

Fundamentals of Dance I instruct students in basic dance movement skills to increase body awareness, enhance self-image, improve physical fitness, and develop personal expression potential. Students will learn fundamental techniques in 6 week periods of study in yoga, ballroom and folk, modern dance/dance history, aerobics and conditioning, African dance and culture, jazz, dance composition and improvisation. Students should expect to challenge themselves physically every class. Students are graded on dress code for dance, class participation, effort, and attitude.

Note: Open to all Manual/YPAS students. Fulfills required physical education credit.