

# PHYSICAL FITNESS AND HEALTH EDUCATION

## Co-ed 9<sup>th</sup> Physical Education/Health

Lifetime sports and activities are emphasized in this curriculum. Students will acquire a working knowledge of physiology, anatomy, nutrition, and physical fitness. The goal is to instill good habits of fitness and a favorable attitude toward vigorous physical activity. The Fitness Gram Physical Fitness Test is administered to all 9<sup>th</sup> grade students twice a year with formal evaluations occurring during the spring semester.

## Co-ed 10<sup>th</sup>-12<sup>th</sup> Physical Education

Tenth grade students must take Physical Education or meet the requirement through participation in athletics. Emphasis is on sports and activities for life. Students may take elective Physical Education during the 11th and 12th grades.

## Athletic Training and Conditioning

Athletic Training and Conditioning is an advanced course designed to help prepare athletes for the rigors of competitive sports. It is a co-ed course with a focus on a comprehensive athletic development through weight training, plyometrics, speed and agility training. Athletic PE will follow the state physical education standards for Courses 2 and 3.

## High School Fitness PE

High School Fitness PE is designed to help students that want to be active in a non-sport setting. This course is meant give students a foundation of fitness to take with them throughout their lives. It is a co-ed course focusing on flexibility, core strength, increasing aerobic capacity, and muscular strength. Exercises included in this course, but are not limited to: yoga, plyometrics, weights, and a variety of cardiovascular activities.