

PHYSICAL EDUCATION AND HEALTH 2017-18

<u>Freshman</u>	<u>Sophomore</u>	<u>Junior</u>	<u>Senior</u>
P.E. I	Health	Weight Training	Weight Training
Weight Training	Weight Training	Advanced Weight Training	Advanced Weight Training
	Team Sports P.E.	Team Sports P.E.	Team Sports P.E.
	Individual Sports P.E.	Individual Sports P.E.	Individual Sports P.E.
	Jog/Walk Fitness Education	Jog/Walk Fitness Education	Jog/Walk Fitness Education
	Mixed Dance	Mixed Dance	Mixed Dance
	Social Dance	Social Dance	Social Dance
	Tap	Tap	Tap
	Jazz	Jazz	Jazz

785-786 Physical Education I (1) 2 sem. 1.0 cr.
 Physical Education I will focus on the fitness of the individual. We will strive to improve the individual physically, as well as mentally and socially. Students will exercise to help promote and maintain a certain level of physical fitness. PE I is a co-educational course for freshman. Activities include weight training, fitness testing, plyometrics and some team/individual sports. Each student is challenged to his or her individual abilities.

780-781 Weight Training (1,2,3,4) 2 sem. 1.0 cr.
 Weight Training is an elective course for the sophomore, junior and senior levels. This class will be an intense weight-training experience. The student will study aspects of developing muscular strength, endurance, and flexibility.

764-765 Advanced Weight Training (3,4) 2 sem. 1.0 cr.
Prerequisites: Weight Training and signature of that course instructor
 Advanced Weight Training is an elective course for the junior and senior levels. This class will focus on specific types of weight lifting to promote physical strength, body toning, and sports-related training. With the help of the instructor, students will research and design workouts to help reach predetermined goals.

770 Team Sports Physical Education (2,3,4) 1 sem. 0.5 cr.
 Team Sports is an elective course for the sophomore, junior, and senior levels. It will focus on the development of skills while also learning the rules and history of a variety of team activities. These activities include volleyball, basketball, indoor soccer, Wiffle ball and hockey. Students will be tested on knowledge as well as skills concerning these different sports.

771 Individual Sports Physical Education (2,3,4) 1 sem. 0.5 cr.
 Individual Sports is an elective course for the sophomore, junior, and senior levels. It will focus on the development of skills while also learning the rules and history of a variety of individual activities. These activities include bowling, archery, washers and Frisbee golf. Students will need parental permission to drive. Off-campus activities will require the students to pay a minimal fee in order to participate.

772 Jog/Walk Fitness Education (2,3,4) 1 sem. 0.5 cr.
 Jog/ Walk Fitness Education is an elective course for the sophomore, junior, and senior levels. It will focus on the fitness level of each individual. With the help of an instructor, each individual will help research and design a workout program to reach their individual goals.

782 Health (2) 1 sem. 0.5 cr.
 Health is the study of the human body in relation to today's society and environment. The course emphasizes the importance of emotional, mental, and physical health. Topics covered include: Alcohol and Drug Abuse, First Aid, Cardiopulmonary Resuscitation, Food and Nutrition, Sexually Transmitted Diseases and Physical Fitness.

774 Mixed Dance (2,3,4) 1 sem. 0.5 cr.
 This course presents the basic components of dance. The principles of technique and quality in this art form are fundamental and will be stressed. However, dance is a constant source of entertainment and should be enjoyed. Aspects of tap, jazz, and social dance will be included.

766 Social Dance (2,3,4) 1 sem. 0.5 cr.

This class will have all the elements of successful ballroom dance characteristics – easily distinguished music, accompanying distinctive steps, and body rhythm.

767 Tap (2,3,4) 1 sem. 0.5 cr.

This class is constructed to present a well-informed and modern approach to the present trend of modern tap dancing. We will furnish the student with practical experience and teach to their level. The student will learn basic skills and beyond, depending on the growth of the class. It is designed to introduce modern tap dance and rhythm. Tap shoes are necessary. See the teacher as some shoes are already available.

773 Jazz (2,3,4) 1 sem. 0.5 cr.

Jazz is a nonverbal art form passed from generation to generation and has many forms. We will explore many of those forms and a brief history. The student will learn body mechanics as it applies to physical wellness and personal coordination. Not everyone has to be a star to enjoy dancing and this class will strive to teach proper technique as well as fun.