

PHYSICAL EDUCATION AND HEALTH 2016-1027

<u>Freshman</u>	<u>Sophomore</u>	<u>Junior</u>	<u>Senior</u>
P.E. I	Health Weight Training Team Sports P.E. Individual Sports P.E. Jog/Walk Fitness Education Dance Social Dance	Weight Training Advanced Weight Training Team Sports P.E. Individual Sports P.E. Jog/Walk Fitness Education Dance Social Dance Tap Jazz	Weight Training Advanced Weight Training Team Sports P.E. Individual Sports P.E. Jog/Walk Fitness Education Dance Social Dance Tap Jazz
785-786	<u>Physical Education I</u>	(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	<u>Weight Training</u>	(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	<u>Advanced Weight Training</u>	(3,4)	2 sem. 1.0 cr.
	<i>Prerequisites:</i> 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	<u>Team Sports Physical Education</u>	(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	<u>Individual Sports Physical Education</u>	(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	<u>Jog/Walk Fitness Education</u>	(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	<u>Health</u>	(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	<u>Dance</u>	(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.		

