

**PHYSICAL & HEALTH EDUCATION****NOTE: ALL PHYSICAL EDUCATION CLASSES ARE CO-EDUCATIONAL**

<b>1501300</b>	<b>◆●Personal Fitness (online)</b>	<b>9th Grade</b>	<b>0.5 Credit</b>
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The purpose of this course is to develop and enhance healthy behaviors that influence lifestyle choices. Students will combine the learning of principles and background information in a classroom setting with physical application of the knowledge. In addition to the physical education content represented in the benchmarks below, specific health education topics within this course should include, but are not limited to: Mental/Social Health, Physical Activity, Components of Physical Fitness, Nutrition and Wellness.

<b>1501310</b>	<b>●Fitness Lifestyle Design (activity)</b>	<b>9th Grade</b>	<b>0.5 Credit</b>
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This course emphasizes increasing strength and flexibility through weight training, stressing individual programs continued for adult fitness. Participate in a variety of activities that promote cardio-respiratory fitness, muscular strength and endurance, flexibility, and body composition.

**\*NOTE: These 2 courses link together to give students 1 full credit; both are required for graduation as PE & as the online course requirement.**

<b>1503350</b>	<b>●Team Sports 1</b>	<b>9th – 12th Grades</b>	<b>0.5 Credit</b>
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<b>1503360</b>	<b>●Team Sports 2</b>	<b>9th – 12th Grades</b>	<b>0.5 Credit</b>
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These courses teaches the knowledge and application of skills, techniques, strategies, rules, and safety practices for basketball, track and field, and volleyball. Strategies of team sports play, skill acquisition, and maintenance and/or improvement of personal fitness are stressed.

**\*NOTE: These 2 courses link together to give students 1 full credit.**

<b>1502410</b>	<b>●Individual and Dual Sports 1</b>	<b>9th – 12th Grades</b>	<b>0.5 Credit</b>
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<b>1502420</b>	<b>●Individual and Dual Sports 2</b>	<b>9th – 12th Grades</b>	<b>0.5 Credit</b>
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These are survey courses whose purpose is to acquire knowledge of individual and dual sports play, develop basic and/or improve health-related fitness.

**\*NOTE: These 2 courses link together to give students 1 full credit.**

<b>1501340</b>	<b>●Weight Training 1</b>	<b>9th – 12th Grades</b>	<b>0.5 Credit</b>
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<b>1501350</b>	<b>●Weight Training 2</b>	<b>9th – 12th Grades</b>	<b>0.5 Credit</b>
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These courses stresses the importance of muscular strength and endurance, health problems associated with inadequate levels of muscular strength and endurance, knowledge of skeletal muscles, biomechanical and physiological principles to improve and maintain muscular strength and endurance, sound nutritional practices, and safety practices.

**\*NOTE: These 2 courses link together to give students 1 full credit.**

<b>1501360</b>	<b>●Weight Training 3</b>	<b>11th – 12th Grades</b>	<b>0.5 Credit</b>
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<b>1501410</b>	<b>●Power Weight Training</b>	<b>11th – 12th Grades</b>	<b>0.5 Credit</b>
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These courses emphasizes knowledge and application of skills for beginning and intermediate weight training.

Select and perform complex movements using a variety of equipment, which lead to improved or maintained muscular strength and endurance.

**\*NOTE: These 2 courses link together to give students 1 full credit.**

<b>1503315</b>	<b>●Basketball 2</b>	<b>10th – 12th Grades</b>	<b>0.5 Credit</b>
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This course teaches the knowledge and application of skills, techniques, strategies, rules, and safety practices for basketball. Strategies of team sports play, skill acquisition, and maintenance and/or improvement of personal fitness are stressed.

<b>1503410</b>	<b>●Aerobics 2</b>	<b>10th – 12th Grades</b>	<b>0.5 Credit</b>
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Apply the principles of training and conditioning to accommodate individual needs and strengths. Use correct body alignment, strength, flexibility, and coordination in the performance of technical movements.

**\*NOTE: These 2 courses link together to give students 1 full credit.**

<b>0800320</b>	<b>First Aid &amp; Safety</b>	<b>9th – 12 Grades</b>	<b>0.5 Credit</b>
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The purpose of this course is to enable students to acquire skills in first aid, emergency care and personal safety.

<b>1502490</b>	<b>●Care &amp; Prevention of Athletic Injuries</b>	<b>9th – 12 Grades</b>	<b>0.5 Credit</b>
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The purpose of this course is to enable students to develop knowledge of the anatomy and physiology related to athletic injuries and skills related to the nature, prevention, care and rehabilitation of athletic injuries.

**\*NOTE: These 2 courses link together to give students 1 full credit.**

★Level 3 Course for College Credit – Weighted to the 6.0 Scale | ☆Level 3 Course – Weighted to the 5.0 Scale

▼Performing & Practical Fine Arts Credit | ●Physical Education Credit | ○Two of the Same Credit + ½ Physical Education Credit & 1 Performing Arts Credit | ◆Online Credit