### Physical Education Courses

<table>
<thead>
<tr>
<th>Course Title</th>
<th>9th Grade</th>
<th>10th Grade</th>
<th>11th Grade</th>
<th>12th Grade</th>
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</thead>
<tbody>
<tr>
<td>Broadway Dance</td>
<td>●</td>
<td>●</td>
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<tr>
<td>Advanced Dance</td>
<td>●</td>
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<td>●</td>
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<td>Advanced Team Sports</td>
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<td>Athletic Training I</td>
<td>●</td>
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<td>Athletic Training II</td>
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<td>●</td>
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<td>Beginning Dance</td>
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<td>Individual Sports</td>
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<td>●</td>
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<td>Power Weights</td>
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<td>●</td>
<td>●</td>
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<tr>
<td>Shape Up</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
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<tr>
<td>Sport Training</td>
<td>●</td>
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<td>●</td>
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<tr>
<td>Strength &amp; Conditioning</td>
<td>●</td>
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<td>●</td>
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<td>Team Sports</td>
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“Exercise and recreation are as necessary as reading. I will rather say more necessary, because health is worth more than learning.”

- Thomas Jefferson
Broadway Dance | Credit: 0.5 | $20/Semester | Grade: 9-12
70910

Prerequisites: None

Graduation Req: Physical Education

This course is designed to teach the student who is new to dance the basics of a wide variety of stage movement that is utilized in performance situations. Ballet, tap, jazz, and improvisational dance will be the focus of the semester. Students will be required to dress in clothing appropriate for movement and participate in warm-ups and dance classes. The students will also be required to choreograph a dance piece at the end of each unit. This is a performance-based class.

Advanced Dance | Credit: 0.5 | $20/Semester | Grade: 9-12
75460

Prerequisites: Strong dance background or teacher approval

Graduation Req: Physical Education

This course is designed for students who have a strong studio dance background. Dance units include jazz, lyrical and funk. Students will learn more advanced elements and combinations, choreographed dance patterns and will lead warm-ups, teach dances and choreograph their own dances. This course may be taken more than once for elective credit.

Advanced Team Sports - Fall | Credit: 0.5 | Grade: 11-12
75480

Prerequisites: None

Graduation Req: Physical Education

This course will offer a variety of sports as well as lifetime skills. The components of fitness (cardiovascular endurance, muscular endurance, muscular strength, flexibility, and body composition) will be implemented daily. This course may be taken more than once for elective credit.

Advanced Team Sports - Spring | Credit: 0.5 | Grade: 11-12
75480XX

**Prerequisites:** None

**Graduation Req:** Physical Education

This course will offer a variety of sports as well as lifetime skills. The components of fitness (cardiovascular endurance, muscular endurance, muscular strength, flexibility, and body composition) will be implemented daily. This course may be taken more than once for elective credit.

**Athletic Training I**

Credit: 0.5   $30/Semester   Grade: 9-12

75330

**Prerequisites:** None

**Graduation Req:** Physical Education

This course is designed for students interested in athletic training, accident prevention, injury evaluation, first aid care and CPR.

**Athletic Training II**

Credit: 0.5   $30/Semester   Grade: 9-12

75340

**Prerequisites:** Successful completion of Athletic Training I, instructor approval.

**Graduation Req:** Physical Education

This course builds on the concepts learned in Athletic Training I. Students will develop advanced techniques of athletic training and gain further knowledge of how to recognize and treat athletic injuries. *Students must take at least a .5 credit in an activity based course to meet graduation requirements. Taking Athletic Training I & II does not meet the 1 credit requirement.*

**Beginning Dance**

Credit: 0.5   $20/Semester   Grade: 9-12

75453

**Prerequisites:** None

**Graduation Req:** Physical Education

This course is designed to introduce students to various dance forms. Dance units primarily include jazz, lyrical and funk. Students will be required to learn basic dance elements and choreographed dance patterns. This course may be taken more than once for elective credit.

**Individual Sports - Fall**

Credit: 0.5   Grade: 9-12
75313

**Prerequisites:** None

**Graduation Req:** Physical Education

This course is for all ability levels who are interested in a variety of lifetime sports and the continued involvement in lifetime fitness. This course may be taken more than once for elective credit.

**Individual Sports - Spring**

Credit: 0.5  
Grade: 9-12

**Prerequisites:** None

**Graduation Req:** Physical Education

This course is for all ability levels who are interested in a variety of lifetime sports and the continued involvement in lifetime fitness. This course may be taken more than once for elective credit.

**Power Weights - Fall**

Credit: 0.5  
Grade: 10-12  
$50/Semester

**Prerequisites:** Strength and Conditioning

**Graduation Req:** Physical Education

This is an advanced weight training class intended to prepare students for athletic competition. It is designed to help students who are in-season and out-of-season with sport specific training. This course may be taken more than once for elective credit.

**Power Weights - Spring**

Credit: 0.5  
Grade: 10-12  
$50/Semester

**Prerequisites:** Strength and Conditioning

**Graduation Req:** Physical Education

This is an advanced weight training class intended to prepare students for athletic competition. It is designed to help students who are in-season and out-of-season with sport specific training. This course may be taken more than once for elective credit.

**Shape Up - Fall**

Credit: 0.5  
Grade: 9-12  
$20/Semester
**Prerequisites:** None

**Graduation Req:** Physical Education

This course is administered in a group exercise format. Students will learn various ways to exercise and improve overall fitness and health. Hi-low aerobics, hip hop aerobics, salsa aerobics, step aerobics, weight training, yoga, and tabata will be taught. Additionally, students will learn the components of fitness along with the principles of each and how lack of exercise and poor nutrition can affect their overall health. This course may be taken more than once for elective credit.

**Shape Up - Spring**

- **Credit:** 0.5
- **Cost:** $20/Semester
- **Grade:** 9-12

**75322XX**

**Prerequisites:** None

**Graduation Req:** Physical Education

This course is administered in a group exercise format. Students will learn various ways to exercise to improve overall fitness and health. Hi-low aerobics, hip hop aerobics, salsa aerobics, step aerobics, weight training, yoga, and tabata will be taught. Additionally, students will learn the components of fitness along with the principles of each and how lack of exercise and poor nutrition can affect their overall health. This course may be taken more than once for elective credit.

**Sport Training - Fall**

- **Credit:** 0.5
- **Cost:** $20/Semester
- **Grade:** 9-12

**75525**

**Prerequisites:** Teacher Approval

**Graduation Req:** Physical Education

Sports Training is an advanced weight lifting class for student athletes who wish to push themselves. It is much higher intensity than Strength and Conditioning. In the weight room it is expected that the student has a greater understanding of weight lifting techniques and therefore will be required to learn more complicated lifts. This class will meet four days per week from 6:45-7:40am. This course may be taken more than once for elective credit.

**Strength & Conditioning - Fall**

- **Credit:** 0.5
- **Cost:** $20/Semester
- **Grade:** 9-12

**75360**

**Prerequisites:** None

**Graduation Req:** Physical Education
This is a beginning weight training class which focuses on health related fitness development in the areas of flexibility, strength training, speed, agility, quickness and cardiovascular endurance. This course may be taken more than once for elective credit.

**Strength & Conditioning - Spring**  
Credit: 0.5  $20/Semester  Grade: 9-12

75360XX

Prerequisites: None

Graduation Req: Physical Education

This course will offer a variety of sports as well as lifetime skills. The components of fitness (cardiovascular endurance, muscular endurance, muscular strength, flexibility, and body composition) will be implemented daily. This course may be taken more than once for elective credit.

**Team Sports - Fall**  
Credit: 0.5  Grade: 9-10

75302

Prerequisites: None

Graduation Req: Physical Education

This course will offer a variety of sports as well as lifetime skills. The components of fitness (cardiovascular endurance, muscular endurance, muscular strength, flexibility, and body composition) will be implemented daily. This course may be taken more than once for elective credit.

**Team Sports - Spring**  
Credit: 0.5  Grade: 9-10

75300XX

Prerequisites: None

Graduation Req: Physical Education

This course will offer a variety of sports as well as lifetime skills. The components of fitness (cardiovascular endurance, muscular endurance, muscular strength, flexibility, and body composition) will be implemented daily. This course may be taken more than once for elective credit.