

Physical Education Department Curriculum Overview

9th Grade <i>Required</i>	10th Grade <i>Required if not taken in 9th grade</i>	11th Grade <i>Required if not taken in 9th or 10th grade</i>	12th Grade <i>Required if not taken in 9th - 11th grade</i>
Personal Fitness Life Management Skills (Health)	Personal Fitness Life Management Skills (Health)	Personal Fitness Life Management Skills (Health)	Personal Fitness Life Management Skills (Health)
	<i>Electives</i> None	<i>Electives</i> Weight Training Beg. Aerobics Tm. Sports	<i>Electives</i> Weight Training Beg. Aerobics Tm. Sports

Personal Fitness fulfills ½ credit of 1 full credit required. Students must take Personal Fitness and Life Management Skills to fulfill the Physical Education requirement for graduation. Additional courses may be taken as electives.

Course Descriptions

Personal Fitness *510* \$45 Uniform FEE **Phase 2** **SUS/GSV** **1501300** **[Semester]**

This course includes team and individual activities that promote an individual's development and maintenance of strength, vigor, and stamina to achieve physical fitness. In addition, such activities provide positive experiences in social interaction by fostering qualities of leadership, cooperation, sportsmanship, and fellowship. This course meets the 1 credit graduation requirement for Physical Education. **Please note: Each student receives 2 sets of gym uniforms. The cost is billed in October.**

Prerequisite: None

Health I/Life Management Skills *512* **Phase 2** **SUS/GSV** **0800300** **[Semester]**

This health course is designed to create in the student an awareness of and an appreciation for the value of good mental, physical, and social health. Emphasis is placed on the individual's responsibility and capability toward achieving these goals. Course content includes but not limited to nutrition, drug education, consumer education, positive emotional development, CPR, and cigarette smoking. This course meets the .5 credit graduation requirement for Life Management Skills.

Prerequisite: None

Fitness Lifestyle *953* *\$45 Uniform FEE* **Phase 2** **SUS/GSV** **1501310** **[Semester]**

The purpose of this course is to enable students to extend their knowledge of fitness concepts; design, implement, and evaluate a personal fitness program; and develop an individualized level of health-related fitness. This course meets the other .5 credit of the 1 credit graduation requirement for Physical Education. A fee will be assessed for gym uniforms.

Prerequisite: sophomore, junior, or senior standing and in need of completing a .5 credit of the 1 credit in Physical Education required for graduation.

Weight Training *542* \$45 Uniform FEE **Phase 2** **SUS/GSV** **1501340** **[Semester]**

The purpose of this course is to acquire basic knowledge and skills in weight training. Its focus is to improve muscular strength and endurance while enhancing body image. This course meets the other .5 credit of the 1 credit graduation requirement for Physical Education. A fee will be assessed for gym uniforms if the student as needed.

Prerequisite: junior or senior standing



Team Sports I *532* \$45 Uniform FEE **Phase 2** **SUS/GSV** **1503350** **[Semester]**

This is a survey course whose purpose is to acquire knowledge of team sports play, develop skills in selected team sports, and maintain and improve health-related fitness. The course includes safety practices, strategies, rules, etc. This course meets the other .5 credit of the 1 credit graduation requirement for Physical Education. A fee will be assessed for gym uniforms as needed.

Prerequisite: junior or senior standing

Beginning Aerobics *543* \$45 Uniform FEE **Phase 2** **SUS/GSV** **1501330** **[Semester]**

The purpose of this course is to develop an individual level of health-related fitness, acquire knowledge of fitness concepts, and recognize the significance of health-related fitness on one's health. This course meets the other .5 credit of the 1 credit graduation requirement for Physical Education. A fee will be assessed for gym uniforms.

Prerequisite: junior or senior standing

Go Sabres!

