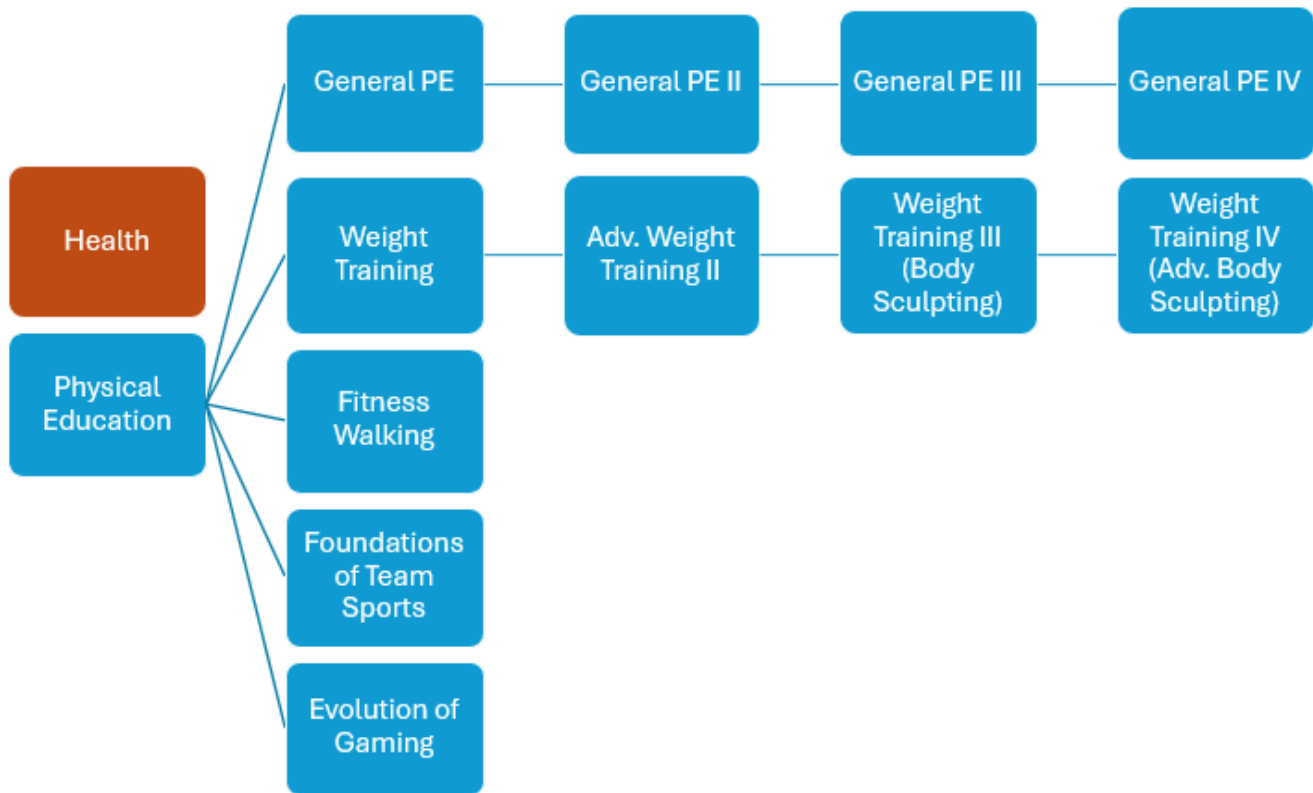


Health and Physical Fitness

*Health and PE are required for graduation



Course	Course Number	Term	Grade (s)	Prerequisite (s)	Curriculum
General Health	17.0110001	S	9-12	None	Wellness concepts, human sexuality, State ADAP requirements, CPR training, first aid procedures, safety practices, and responsibility for health decisions
Weight Training 1	36.0540001 fall 36.0540002 spring	S	9-12	None	Individual weight training program to develop muscle tone, body composition, and fitness goals.
Advanced Weight Training 2	36.0640001 fall 36.0640002 spring	S	10-12	Weight Training 1	Individual weight training program to develop muscle tone, body composition, and fitness goals.

Course	Course Number	Term	Grade (s)	Prerequisite (s)	Curriculum
Advanced Weight Training 3 Body Sculpting	36.0560001 fall 36.0560002 spring	S	11-12	Adv. Weight Training 2	Individual weight training program to develop muscle tone, body composition, and fitness goals.
Advanced Weight Training 4 Adv. Body Sculpting	36.0660001 fall 36.0660002 spring	S	12	Weight Training 3 Body Sculpting	Individual weight training program to develop muscle tone, body composition, and fitness goals.
General PE 1	36.0110001 fall 36.0110002 spring	.S	9-12	None	Learn the foundational skills, understanding of rules and strategy, and competing in general physical activity games and sports
General PE 2	36.0120001 fall 36.0120002 spring	S	10-12	General PE 1	Learn the foundational skills, understanding of rules and strategy, and competing in general physical activity games and sports
General PE 3	36.0130001 fall 36.0130002 spring	S	11-12	General PE 2	Learn the foundational skills, understanding of rules and strategy, and competing in general physical activity games and sports
General PE 4	36.0140001 fall 36.0140002 spring	S	12	General PE 3	Learn the foundational skills, understanding of rules and strategy, and competing in general physical activity games and sports

Course	Course Number	Term	Grade (s)	Prerequisite (s)	Curriculum
Fitness Walking	36.0550001 fall 36.0550002 spring	S	9-12	None	For students who want to be active but do not want to play competitive games. Provides safe, effective, and physiologically sound ways to manage weight and alter metabolism and body composition through walking. Includes consumer information on products, programs, and fitness concepts for developing healthy lifetime habits. Students may take it for 1 semester or 2 semesters.
Foundation of Team Sports	36.0210001 fall 36.021002 spring	S	9-12	None	This course is an introduction of the study of Team Sports in Athletics and will explore in the classroom, through various aspects the creation, strategy, rules, and understanding of Team Sports. Students will gain a deeper appreciation and understanding of how sports are played. Fall semester: College Football, Professional Football, College Basketball, Professional Basketball, Hockey, Winter Olympics. Spring semester: Baseball, Soccer, Summer Olympics, Golf, Tennis, Volleyball. Students may take it for 1 semester or 2 semesters.
Evolution of Gaming	36.0220001 fall 36.0220002 spring	S	9-12	None	This course examines an introductory understanding of the development and evolution of gaming in society. Students will explore the history of different gaming styles, while learning about cultural impact and influences, technological advancements and more. Students will learn about and experience the play of Card Games, Board games, Arcade Gaming, Nintendo Gaming, Console Gaming, and E-Sport/Competitive Gaming and Streaming. Students may take it for 1 semester or 2 semesters.