

# Physical Education

## Strength and Conditioning

Strength & Conditioning is designed to improve cardiovascular fitness, flexibility, agility and strength through the introduction and implementation of various core, Olympic, and auxiliary lifts. This class will also incorporate speed, agility, and injury prevention drills to help students to become better athletes and live healthier lives.

**Prerequisite:** None

**Credit:** 1.0 unit

## Yoga

This course introduces students to the practice of yoga. Throughout the course we will focus on meditation, breath work, physical mobility, deep stretching, and relaxation. The physical modalities we will focus on are rooted in vinyasa, yin and restorative yoga. These various concentrations will improve strength, flexibility, balance, and relaxation.

We will learn breathing techniques to help the students manage stress, promote relaxation, and support their overall wellbeing. The students will practice meditation with the objective of enhancing focus and mindfulness.

**Prerequisite:** None

**Credit:** 1.0 unit