

Physical Education

Course Number	Course	Year in School	Prerequisite	Unit of Credit
6431	Lifetime Sports	2, 3, 4	X	S
6433	Team Sports	2, 3, 4	X	S
6443	Aerobic Conditioning	2, 3, 4	X	S
6447	Strength Conditioning	2, 3, 4	X	S
6447W	Toning, Fitness and Conditioning	2, 3, 4	X	S
6450	Introduction to Weight Training	1		S
6463	Precision Dance	2, 3, 4	X	S
6510	Physical Dimensions of Health	1-4		Y
1311	MCJROTC Leadership Education 1	1-4		Y

Topeka High School

Physical Education

- 6431** **LIFETIME SPORTS** (S) Years 10, 11, 12 **Prerequisite: #6510**
This course provides students with an assortment of activities that can be enjoyed today and in the future. Students may have to provide their own transportation.
- 6433** **TEAM SPORTS** (S) Years 10, 11, 12 **Prerequisite: #6510**
This course is designed for students interested in active, team-oriented sports.
- 6443** **AEROBIC CONDITIONING** (S) Years 10, 11, 12 **Prerequisite: #6510**
This course combines aerobic activities with weight training to trim and tone the body. Activities include aerobic dance, jazz exercise, steps, stretching, jogging, walking, fitness measurement, strength training, swimming, and other related activities.
- 6447** **STRENGTH CONDITIONING** (S) Years 10, 11, 12 **Prerequisite: #6510**
This rigorous course is designed to develop total body strength, flexibility, agility, and speed. Activities include weightlifting, flexibility exercises, form running, fitness testing, and aerobic conditioning.
- 6447W** **TONING, FITNESS AND CONDITIONING** (S) Years 10, 11, 12 **Prerequisite: #6510**
This rigorous course is designed to help women develop total body strength, flexibility, agility, and speed. Activities include weightlifting, flexibility exercises, form running, fitness testing, swimming, and aerobic conditioning.
- 6450** **INTRODUCTION TO WEIGHT TRAINING** (S) 9 (This course may only be taken 1 semester.)
This course will cover proper weight lifting and spotting techniques. Students will demonstrate competence in stretching techniques and improve muscular strength and endurance.
- 6463** **PRECISION DANCE** (S) Years 10, 11, 12 **Prerequisite: Audition**
This course is designed to offer students an opportunity to participate in rhythmic dances, precision drill, and choreographed routines. Performance at home football and basketball games is required. Each student must purchase a uniform.
- 6510** **PHYSICAL DIMENSIONS OF HEALTH** (Y) Years 9, 10, 11, 12
This course provides students with the knowledge and skills needed to engage in a physically active, healthy lifestyle throughout life. Topics include health-related-fitness, lifetime physical activities, and health/wellness concepts and skills.