

## PHYSICAL EDUCATION

COURSE #	COURSE	SEM/YEAR	GRADE	CREDITS	TYPE
6410	Adaptive PE	Y	9,10,11,12	1.0	S
6434	Advanced Physical Education 1	S	10,11,12	.5	S
6436	Advanced Physical Education 2	S	10,11,12	.5	S
6437	Physical Education Senior Leader	S	12	1.0	O
6443	Aerobic Conditioning	S	10,11,12	.5	E
6447	Strength Conditioning	S	10,11,12	.5	S
6448	Toning, Fitness, and Conditioning	S	10,11,12	.5	E
6450	Introduction to Weight Training	S	9	.5	E
6452	Advanced Weight Training	S	10,11,12	.5	E
6463	Precision Dance	Y	10,11,12	1.0	S
6510	Physical Dimensions of Health	Y	9,10, 11, 12	1.0	S
6514	Health (Online Format)	S	11,12	.5	O

- 6410** **ADAPTIVE PE** (Y) 9, 10, 11, 12 **Prerequisite: Placement**  
 This course is designed for students with disabilities that prevent them from taking regular physical education. (HPS, THS) *Standard*
- 6434** **ADVANCED PHYSICAL EDUCATION 1 (S)** 10, 11, 12 **Prerequisite: Physical Dimensions of Health (6510)**  
 This course is designed for students interested in a combination of both team and lifetime activities. Activities included in Advanced Physical Education 1 are basketball, soccer, team handball, ping-pong/badminton, kickball, quad ball, floor hockey eclipse ball, tennis, and lawn games. (HPS, HSA, THS, TWHS) *Standard*
- 6436** **ADVANCED PHYSICAL EDUCATION 2 (S)** 10, 11, 12 **Prerequisite: Physical Dimensions of Health (6510)**  
 This course is designed for students interested in a combination of both team and lifetime activities. Activities included in Advanced Physical Education 2 are ultimate football, volleyball, speedball, pickle ball, softball, lacrosse, field hockey, tseball, and golf and Frisbee golf. (HPS, HSA, THS, TWHS) *Standard*
- 6437** **PHYSICAL EDUCATION SENIOR LEADER (S)** 12 **Prerequisite: Consent**  
 This advanced leadership course is for senior students in physical education. Students will assist the PE teacher in officiating, care of equipment, roll taking, leading exercises, and locker room supervision. The uniform policy applies to this class. (HPS, THS) *Optional*
- 6443** **AEROBIC CONDITIONING (S)** 10, 11, 12 **Prerequisite: Physical Dimensions of Health (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, and other related activities. (HPS, T HS, TWHS) *Enrollment based*
- 6447** **STRENGTH CONDITIONING (S)** 10, 11, 12 **Prerequisite: Physical Dimensions of Health (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. (HPS, HSA, THS, TWHS) *Standard*

- 6448** **TONING, FITNESS AND CONDITIONING** (S) 10, 11, 12 **Prerequisite: Physical Dimensions of Health (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, and aerobic conditioning. (HPHS, THS) *Enrollment based*
- 6450** **INTRODUCTION TO WEIGHT TRAINING** (S) 9, 10, 11, 12 **Prerequisite: Physical Dimensions of Health (6510)**  
**or concurrently with Physical Dimensions of Health (6510)**  
 This course will cover proper weight lifting and spotting techniques. Students will demonstrate competence in stretching techniques and improve muscular strength and endurance. (HPHS, THS, TWHS) *Enrollment based*
- 6452** **ADVANCED WEIGHT TRAINING** (S) 10, 11, 12  
 This course involves advanced strength and power training techniques. The student will be involved in a comprehensive free weight training program. Plyometrics, speed, and Olympic lifting drills will also be used to enhance athletic skills. Students will be subject to vigorous physical training and testing. This class is oriented to the student athlete. (HPHS, THS, TWHS) *Enrollment based*
- 6463** **PRECISION DANCE** (S) 10, 11, 12 **Prerequisite: Audition**  
 This course is designed to offer students an opportunity to participate in rhythmic dances, precision drills and choreographed routines. Performance at home football and basketball games is required. Each student must purchase a uniform. (THS) *Standard*
- 6510** **PHYSICAL DIMENSIONS OF HEALTH** (Y) 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. (CCHS, HPHS, HSA, THS, TWHS) *Standard*
- 6514** **HEALTH** (online format) (S) 11, 12 **Prerequisites: Must first have attempted the Physical Dimensions Course**  
 This course studies the various topics related to Health. Topics to be covered are heredity, culture, quality of life, stress management, nutrition, exercise, systems of the body, drug and alcohol use, and toxic chemicals. (HPHS, THS)