

HEALTH AND PHYSICAL EDUCATION

Physical Education (9-12)

¼ credit

No Fee

This course will be specifically designed to help the student understand how to become physically fit for a lifetime. This will include becoming familiar with the five components of health related fitness; as well as sports that the student can do for a lifetime.

Health (9-10)

½ credit

No Fee

This course is designed to acquaint the student with the functioning of the body and what affects it. This includes communicable diseases, alcohol, drugs, tobacco, body systems, and decision-making. Necessities for maintaining a healthy body, such as vitamins and exercise, are also covered. A heavy emphasis is placed on making healthy choices.

Weight Training (11-12)

¼ credit

No Fee

This course involves an introduction to various lifting techniques and theories including universal, nautilus, and free weight training. Participants will be tested in various areas of body strength and will set up an individualized workout in an attempt to make improvements and reach predetermined goals.