

P.E./HEALTH

Health Education	Trimester
Grades	9
Prerequisite	none
Credit Type	Health and Physical Education
<p>This course will offer the opportunity for students to develop the knowledge needed for responsible decision-making in the following areas:</p> <ul style="list-style-type: none"> A. Promoting and maintaining physical and mental health. B. Contributing to and effectively using the community health system. C. Applying principles of disease prevention to avoid health problems. D. Gaining an understanding of human growth and development. 	

Physical Education	Trimester
Grades	9, 10
Prerequisite	None
Credit Type	Health and Physical Education
<p>Physical education is offered to all freshmen and sophomores. Classes are co-ed and include an emphasis on aerobic fitness and core strength development.</p>	

Physical Conditioning	Trimester (but can be taken yearlong)
Grades	9, 10, 11, 12
Prerequisite	None
Credit Type	Health and Physical Education
<p>Physical Conditioning is a high intense activity based class emphasizing cardio respiratory fitness, muscular strength and endurance, core strength development, and speed/agility enhancement. Classes are co-ed and include free weight exercises, body weight exercises, speed/agility drills, and endurance training. This class will satisfy the PE graduation requirement.</p>	