### Physical Education Courses

<table>
<thead>
<tr>
<th>Course Title</th>
<th>9th Grade</th>
<th>10th Grade</th>
<th>11th Grade</th>
<th>12th Grade</th>
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<tbody>
<tr>
<td>Advanced Dance</td>
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<tr>
<td>Advanced Team Sports</td>
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<td>Athletic Training I</td>
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<td>Athletic Training II</td>
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<td>Beginning Dance</td>
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<td>Individual Sports</td>
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<td>Power Weights</td>
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<td>Shape Up</td>
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<td>Strength &amp; Conditioning</td>
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<td>Team Sports</td>
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“Exercise and recreation are as necessary as reading. I will rather say more necessary, because health is worth more than learning.”

*Thomas Jefferson*
Advanced Dance  
75460  
Credit: $20/Semester  
Grade:  
0.5  
9-12  
Prerequisites: Beginning Dance or Teacher Approval  
Graduation Req: Physical Education  
This course is designed for students who have a strong studio dance background. Dance units include jazz, lyrical and funk. Students will learn more advanced elements and combinations, choreographed dance patterns and will lead warm-ups, teach dances and choreograph their own dances. This course may be taken more than once for elective credit.

Advanced Team Sports  -  
Fall  
75480  
Credit:  
Grade:  
0.5  
11-12  
Prerequisites: None  
Graduation Req: Physical Education  
This course will offer a variety of sports as well as lifetime skills. The components of fitness (cardiovascular endurance, muscular endurance, muscular strength, flexibility, and body composition) will be implemented daily. This course may be taken more than once for elective credit.

Advanced Team Sports  -  
Spring  
75480XX  
Credit:  
Grade:  
0.5  
11-12  
Prerequisites: None  
Graduation Req: Physical Education  
This course will offer a variety of sports as well as lifetime skills. The components of fitness (cardiovascular endurance, muscular endurance, muscular strength, flexibility, and body composition) will be implemented daily. This course may be taken more than once for elective credit.

Athletic Training I  
75330  
Credit: $30/Semester  
Grade:  
0.5  
9-12  
Prerequisites: None  
Graduation Req: Physical Education  
This course is designed for students interested in athletic training, accident prevention, injury evaluation, first aid care and CPR.

Athletic Training II  
75340  
Credit: $30/Semester  
Grade:  
0.5  
9-12  
Prerequisites: Successful completion of Athletic Training I, instructor approval  
Graduation Req: Physical Education  
This course builds on the concepts learned in Athletic Training I. Students will develop advanced techniques of athletic training and gain further knowledge of how to recognize and treat athletic injuries.
### Beginning Dance

**Course Code:** 75453  
**Credit:** $20/Semester  
**Grade:**  

**Prerequisites:** None  
**Graduation Req:** Physical Education

This course is designed to introduce students to various dance forms. Dance units primarily include jazz, lyrical and funk. Students will be required to learn basic dance elements and choreographed dance patterns. This course may be taken more than once for elective credit.

### Individual Sports - Fall

**Course Code:** 75313  
**Credit:**  
**Grade:**  

**Prerequisites:** None  
**Graduation Req:** Physical Education

This course is for all ability levels who are interested in a variety of lifetime sports and the continued involvement in lifetime fitness. This course may be taken more than once for elective credit.

### Individual Sports - Spring

**Course Code:** 75310XX  
**Credit:**  
**Grade:**  

**Prerequisites:** None  
**Graduation Req:** Physical Education

This course is for all ability levels who are interested in a variety of lifetime sports and the continued involvement in lifetime fitness. This course may be taken more than once for elective credit.

### Power Weights - Fall

**Course Code:** 75376  
**Credit:** $20/Semester  
**Grade:**  

**Prerequisites:** None  
**Graduation Req:** Physical Education

This course is designed to introduce students to various dance forms. Dance units primarily include jazz, lyrical and funk. Students will be required to learn basic dance elements and choreographed dance patterns. This course may be taken more than once for elective credit.

### Power Weights - Spring

**Course Code:** 75376XX  
**Credit:** $20/Semester  
**Grade:**  

**Prerequisites:** None  
**Graduation Req:** Physical Education

This course is for students to prepare for athletic competition. It is designed to help students in the in-season and out-of-season conditioning with sport specific training. This course may be taken more than once for elective credit.

### Shape Up - Fall

**Course Code:** 75322  
**Credit:** $20/Semester  
**Grade:**  

**Prerequisites:** None  
**Graduation Req:** Physical Education

This course is administered in a group exercise format. Students will learn various ways to exercise to improve overall fitness and health. High-low aerobics, hip-hop aerobics, step aerobics, Latin aerobics, weight training, yoga and tabata will be implemented daily. Students will also learn the components of fitness, diseases associated with lack of exercise/poor nutrition and receive various tools to empower their fitness journey.
Shape Up - Spring  
75322XX  
Credit: $20/Semester  Grade: 0.5  9-12  
Prerequisites: None  
Graduation Req: Physical Education  
This course is administered in a group exercise format. Students will learn various ways to exercise to improve overall fitness and health. High-low aerobics, hip-hop aerobics, step aerobics, Latin aerobics, weight training, yoga and tabata will be implemented daily. Students will also learn the components of fitness, diseases associated with lack of exercise/poor nutrition and receive various tools to empower their fitness journey.

Strength & Conditioning - Fall  
75350  
Credit: $20/Semester  Grade: 0.5  9-12  
Prerequisites: None  
Graduation Req: Physical Education  
This course will focus on health related fitness development in the areas of flexibility, strength training, speed, agility, quickness and cardiovascular endurance. This course may be taken more than once for elective credit.

Strength & Conditioning - Spring  
75360XX  
Credit: $20/Semester  Grade: 0.5  9-12  
Prerequisites: None  
Graduation Req: Physical Education  
This course will focus on health related fitness development in the areas of flexibility, strength training, speed, agility, quickness and cardiovascular endurance. This course may be taken more than once for elective credit.

Team Sports - Fall  
75302  
Credit:  Grade: 0.5  9-10  
Prerequisites: None  
Graduation Req: Physical Education  
This course will offer a variety of sports as well as lifetime skills. The components of fitness (cardiovascular endurance, muscular endurance, muscular strength, flexibility, and body composition) will be implemented daily. This course may be taken more than once for elective credit.

Team Sports - Spring  
75300XX  
Credit:  Grade: 0.5  9-10  
Prerequisites: None  
Graduation Req: Physical Education  
This course will offer a variety of sports as well as lifetime skills. The components of fitness (cardiovascular endurance, muscular endurance, muscular strength, flexibility, and body composition) will be implemented daily. This course may be taken more than once for elective credit.