

PHYSICAL EDUCATION

Students may not take more than one PE class per year.

PHPE101 Physical Education/Health/Strength

Level: 9
Credit: 1 unit

Physical Education/Health/Strength is a required course that is normally taken during the student's freshman year. It focuses on developing knowledgeable students capable of assuming responsibility for their own health and fitness. It provides students with the opportunity to do more than simply improve fitness temporarily, and allows them to gain knowledge, understanding, and skills necessary for fitness throughout life. Classes are coed with students spending one-third of each quarter in the following classes: physical education (team and individual sports), health (classroom activities—current health topics) and strength (introductions to weight training).

PHPE201 Advanced Physical Education (males) **Prerequisite: Physical Education/Health/Strength**

Level: 10-12
Credit: 1 unit

Advanced Physical Education is a highly competitive class, emphasizing improved skills from Physical Education/Health/Strength. The student's grade is based on daily competitive team activities, physical conditioning, and fitness testing, and the semester final. (This course may be repeated with instructor's approval.)

PHPE203 Fitness and Aerobics (females) **Prerequisite: Physical Education/Health/Strength**

Level: 10-12
Credit: 1 unit

This course is designed to emphasize a variety of cardiovascular activities, which include high/low impact aerobics, walking, running, circuits and anaerobic work. training. Grades are based on participation, fitness testing, and the semester final. (This course may be repeated with instructor's approval.)

PHPE400 Strength and Conditioning (females) **Prerequisite: Physical Education/Health/Strength**

Level: 10-12
Credit: 1 unit

The course is designed to emphasize Olympic lifts (squat/box squat, power cleans clean and jerks, snatches, dead lift and incline bench), cardiovascular endurance, speed, agility, and plyometrics. The student's grade is based on participation, Body Composition fitness testing, power rating, and the semester final. (This course may be repeated with instructor's approval.)

PHPE401 Strength and Conditioning (males)
Prerequisite: Physical Education/Health/Strength

Level: 10-12
Credit: 1 unit

The course is designed to emphasize Olympic lifts lifts (squat/box squat, power cleans clean and jerks, snatches, dead lift and incline bench), cardiovascular endurance, speed, agility, and plyometrics. The student's grade is based on participation, Body Composition fitness testing, power rating, and the semester final. (This course may be repeated with instructor's approval.)