

# Health and Physical Education Electives

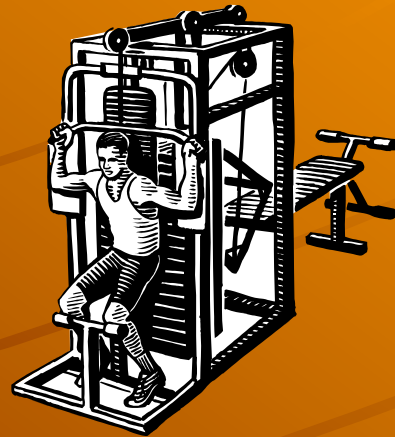
Personal Fitness

Sports Medicine

Advanced PE



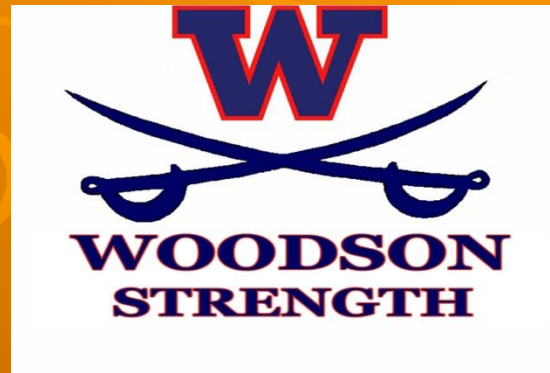
# Personal Fitness I & II



Strength and Conditioning  
Grades 10-12

1 or .5 credits

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COURSE IS DESIGNED FOR FIRST TIME LIFTERS  
AND SCHOLARSHIP ATHLETES

DESIGNED TO FIT THE NEEDS OF BOTH MALES  
AND FEMALES

DEVELOP YOUR STRENGTH, SPEED, QUICKNESS  
AND STAMINA DURING THE SCHOOL DAY!!!

**NO EXPERIENCE NECESSARY!!**

# BECOME A BETTER ATHLETE FOR ANY SPORT



1. This course can be taken as a year long (1 Credit) or as a semester (.5) class.
2. This course is only available to students in grades 10, 11, & 12.
3. There are two levels of this class. Personal Fitness 1 and 2.
4. This class **MAY NOT** be substituted for HPE9 or HPE10.



# SPORTS MEDICINE

- ◆ An upperclassman elective
- ◆ A demanding course that concentrates on anatomy, injury in sport and the rehabilitation of those injuries



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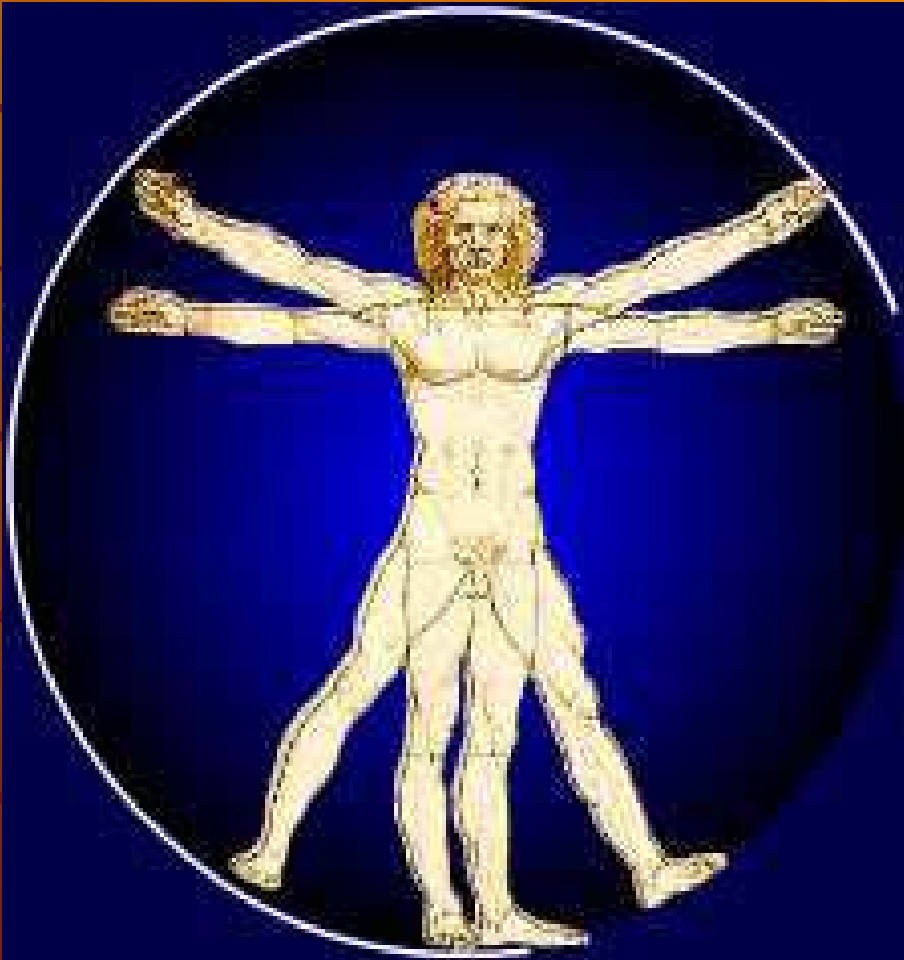
# SPORTS MEDICINE

- ◆ The class will visit a human cadaver lab at NVCC
- ◆ Each student will shadow a health care professional
- ◆ The class will invite health professionals from the community to speak



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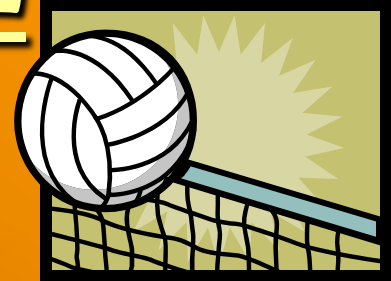
# SPORTS MEDICINE



- ✦ Sports Medicine is a broad profession that requires the cooperation of many allied health and medical professionals.
- ✦ A GREAT course for those thinking about the medical field.

# Advanced PE

- ◆ An upperclassman elective
- ◆ 1 credit
- ◆ May not be substituted for PE 9/10
- ◆ Physical Education teacher recommendation required



# Advanced PE

- ◆ This class will expand on a variety of lifetime activities
- ◆ Includes numerous field trips to expand on in-class activities. There is a lab fee associated with the field trips.
- ◆ Activities can include, but are not limited to: bowling, frisbee golf, archery, water safety, ice skating, fencing, ultimate frisbee, wallyball, basketball, volleyball, tennis, badminton
- ◆ A GREAT opportunity to explore new activities and maintain personal fitness

