

## **Physical Education Electives**

### **Prerequisite for all courses listed as electives below – 9<sup>th</sup> grade Healthful living**

#### **9<sup>th</sup> grade Healthful Living**

Course Description: Healthful Living is comprised of both Health Education and Physical Education. 9<sup>th</sup> grade Healthful Living course, which is mandatory in North Carolina as a graduation requirement. Course is designed to include personal fitness, Lifetime sports, and Team sport Activities. Health and PE are divided equally within the total weeks of the Semester.

#### **Electives:**

#### **Lifetime Sports I**

Course Description: This course is designed to include the development of general personal fitness, active participation in lifetime sports such as golf, tennis, badminton, bowling and table tennis, as well as archery, racquetball, and pickle ball. Activities are divided within the total weeks of the semester. This course includes the history, rules, and terminology with an emphasis in skill development, game strategies, and safety.

#### **Lifetime Sports II**

Course Description: This course is designed to include the development of a greater knowledge and application of personal fitness development, and demonstration of more advanced skills in lifetime sports. Activities are divided within the total weeks of the semester.

#### **PEPI I & II**

Course Description: This course is designed for students interested in serving as physical education aides to elementary classroom teachers. Special training in the area of elementary physical education is given to each student prior to working in the schools. Students will be trained in classroom management, development of physical activity lessons, conflict resolution skills, and providing lessons aligned to the Physical Education goals in the North Carolina Standard Course of Study. This course is designed for students interested in careers related to teaching or recreation leadership

#### **Personal Fitness I**

Course Description: A motivational course in which the student, through active participation will develop knowledge and skills in aerobic activities and weight/resistance training.

## **Sports Medicine I & 2**

This course is designed for students who want to further their knowledge in the field of athletic training through studies in injury prevention, physical training, conditioning techniques, nutritional considerations, human anatomy, biomechanics, kinesiology, and injury assessment and evaluation. Students will be required to perform practicum hours outside the classroom.

## **Team Sports I**

**Course Description:** This course will focus on personal fitness and active participation in team sports such as basketball, soccer, flag football, volleyball, softball, ultimate Frisbee and floor hockey. The course includes the history, rules, and terminology. Skill development, simple offensive, defensive, and game strategies, officiating, and leadership skills will be emphasized.

## **Team Sports II**

**Course Description:** This course will focus on personal fitness and active participation in various team sports as well as history, rules, and terminology. Skill development, simple offensive, defensive, and game strategies, officiating, and leadership skills will be emphasized with a greater depth of knowledge and application.

## **Weight Training & Conditioning I**

**Course Description:** This course is designed for the novice weight-training student and includes learning techniques of lifts and cardiovascular conditioning, safety precautions and injury prevention and other methods of weight management. The major focuses are general muscle toning and achieving total fitness.

## **Weight Training & Conditioning II**

**Course Description:** This course is designed to improve muscular strength and power through progressive weight training techniques. More advanced coursework on the principles of cardiovascular fitness and strength development are included.

## **Weight Training & Conditioning III**

**Course Description:** This course is designed to include some advanced lifting and exercise techniques, which may include Olympic lifts, plyometric training, agility and speed workouts. Coursework may include basic principles of exercise prescription, sports nutrition, exercise testing and evaluation, cardiovascular fitness, and strength development.

## **Sports Management/Officiating**

**Course Description:** The course is designed for students interested in learning and implementing the skills necessary to officiate individual and team sports. This course is valuable for students desiring to pursue potential officiating jobs in the fields of community recreation or youth sports. Opportunities for practical sports management skills (field/facility care, operations, public relations), as well as other community and school service activities will be emphasized.