

Fitness Physical Education

Prerequisites: Open to all levels

Level: 9th grade - 12th grade

Credits: 0.5 – Physical Education

Additional: This course is accepted as a physical education credit for h.s. graduation

This course is accepted as an elective credit for college admission

This course is not accepted as a credit by the NCAA

Course Description

This course is a fitness class designed to make you both better shape and a better athlete.

Course Outline

Crossfit	Weight lifting
Tractor Tires	Obstacle Course
Team Competitions	

Teaching Methods

This class is taught through demonstration, lecture, and student experimentation. Students will have workouts each day, also they will have a test once a month on a certain level of fitness.

Assessment

Student participation which includes effort, physical and mental, proper dress. We will also do a Fitness gram Test which will be a physical fitness test.