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Health

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Prerequisite: Open to all students

Level: 9th-12th

Credits: .5 – Physical Education

Additional: This course is accepted as a .5 physical education credit for H.S. graduation.
This course is accepted as a .5 elective credit for college admission.
This course is **not eligible** for credit by the NCAA.

Course Description

This course is a fitness class designed to make you in both better shape and a better athlete. The class will also include knowledge of how to be in better shape and make yourself a better athlete. The class will include Crossfit, Weight lifting, Tractor Tire Training, Fitness Gram Testing, and Obstacle Course Training.

Course Objectives/Goals

Increase muscular and cardiovascular endurance
Make athletes Stronger and more explosive
Make athletes have a better understanding of fitness

Course Outline

- Crossfit
- Weight lifting
- Tractor Tires
- Obstacle Course
- Team Competitions

Teaching Methods

This class will be 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 physical effort, mental effort, and proper dress.
- Students will have written test along with physical fitness test during the semester.