



## **Advanced Weight Training and Personal Health (10-11-12)**

**One Semester – 1/2 Credit**

► ***Completion of Weight Training is recommended for success in this course.***

The main emphasis of this class will be for the development of strength, power, and muscle endurance. Secondary emphasis is placed on the cardiovascular system. Students will learn advanced weight lifting techniques and will train at a high level of intensity. Instruction will include guidance in the preparation of individualized programs, while in a structured, supervised environment. Cardiovascular circuits may include jump ropes, running, plyometrics, balance discs, medicine balls, and stability balls. **Physical fitness testing will be required throughout the semester.** Also during the semester, health instruction will be presented and students will be required to complete course work related to those health issues.

## **9<sup>th</sup> Grade Physical Education and Healthy Choices (Stevens only)**

**One Semester – 1/2 Credit**

Students will experience a variety of coed activities to develop strength, speed, agility, balance, coordination, flexibility, endurance, cognitive thinking skills, and strategies and rules of various games. Students will be taught activities that can be used for a lifetime. Emphasis will be placed on teaching the basic skills, strategies, and the rules governing each of the activities. Students will be expected to perform the basic skills used in each activity and pass a written test on rules and regulations. **Physical fitness testing will be required throughout the semester.** Also during the semester, health instruction will be presented and students will be required to complete course work related to those health issues.