

PHYSICAL EDUCATION COURSE DESCRIPTIONS

Physical Education 9

UC/CSU: not applicable

NCAA: not applicable

Placement Guidelines: Grades 9

Physical education provides the foundation for high school instruction. Students develop proficient movement skills in each area of physical education; they expand their capabilities for independent learning; and they examine practices that allow for sound decision making to enhance successful participation in movement activities.

Physical Education 10-12

UC/CSU: not applicable

NCAA: not applicable

Placement Guidelines: Grades 10-12

Physical Education 10-12 provides the foundation for high school instruction. Students develop proficient movement skills in each area of physical education; they expand their capabilities for independent learning; and they examine practices that allow for sound decision making to enhance successful participation in movement activities.

Physical Education Band

UC/CSU:

NCAA: not applicable

Placement Guidelines: Grades 10-12; 9th Grade with teacher approval

This course is designed to teach the students' movement skills and movement knowledge, self-image, and personal and social development. This course is also designed to teach students the history of the related forms of music. These skills are demonstrated by participating in parades and competitions throughout the semester. This course is aligned to the State Standards for Physical Education.

Physical Education Dance

UC/CSU:

NCAA: not applicable

Placement Guidelines: Grades 9-12

This course is designed to give students an intense technical, physical, and competitive experience in the field of dance. This course is for the advanced dance student with an emphasis on technical development, physical fitness, health awareness, injury prevention, and a competitive environment in which to implement advanced knowledge, athletic/dance skills, and strategies.

Physical Education - Yoga

UC/CSU:

NCAA: not applicable

Placement Guidelines: Grades 9-12

This course is designed to introduce students safely and accessibly to the basic postures, breathing techniques, and relaxation methods of yoga. Students will begin to experience the benefits of stretching, moving, and breathing freely as they relieve built up stress, learn to relax, and build strength in the mind and body. The aim of this course is to promote vibrant health and lifelong fitness.

Modified PE

UC/CSU:

NCAA: not applicable

Placement Guidelines: Grades 7-12

Adaptive Physical Education is a diversified program of developmental activities, games, sports, and rhythms. It is suited to the interests, capabilities, and limitations of students with disabilities which prevent them from participating in the activities of the physical education program.

Athletic Physical Education

UC/CSU:

NCAA: not applicable

Placement Guidelines: Grades 9-12; Member of athletic team and teacher/coach recommendation

In order to serve the physical education needs of all students involved in athletics, Athletic Physical Education will provide teaching of advanced athletic skills and game strategies and will provide a competitive environment in which to implement that knowledge and skill. This course is aligned to the California Department of Education Challenge Standards for Physical Education.