

## PHYSICAL EDUCATION & HEALTH

The State Department of Education requires two years of Physical Education for all students.

### PHYSICAL EDUCATION GUIDELINES:

- \*A maximum of two (2) high school credits may be earned in PHYSICAL EDUCATION.
- \*Students enrolled in NJROTC will be exempt from taking P.E. (see NJROTC course description).
- \*Students may not take more than one (1) Physical Education course in their schedule during a school year.
- \*For the class of 2013 and after, a student may fulfill a MAXIMUM OF ONE CREDIT in Physical Education if the student participates in a Carson High School interscholastic athletic activity. A grade of Pass will be given and **will not** affect the GPA.
- \*Team Managers **will not** receive a Physical Education credit.
- \*Musical Theater will fulfill the Physical Education requirement.

**UNIFORM:** All P.E. and weightlifting students must be outfitted in regulation gym clothes. The uniform consists of colored shorts and a colored T-shirt. Gym uniforms may be purchased at the Student Store. The cost of the complete uniform will be \$25. Names will be required on all uniforms to help prevent theft or loss. We will separate P.E. and weightlifters by different colored uniforms. Our goal is to build school spirit and unity, and promote good hygiene for students.

### PERSONAL FITNESS

Full Year  
9

This co-educational physical education class is aimed at the development of the student through a variety of games, sports, and fitness activities. This class will emphasize the students achieving and maintaining a health enhancing level of individual fitness for a lifetime. This class will focus on students developing physically, mentally and socially in accordance with the Nevada State Physical Education Standards. Standard P.E. uniform required.

### ADAPTIVE P.E.

Semester/Full Year  
9 10 11 12

Adaptive Physical Education is designed for students with special needs who would benefit more from a individualized and developmental physical education program. Peer tutors are essential to the success of this class. Tutors should possess a positive attitude towards all activities and be comfortable with this exceptional population. An interview is required prior to enrollment. This course may be repeated for credit. A uniform and good attendance is required.

### LIFEGUARD/SWIMMING CONDITIONING

Full Year  
10 11 12

The purpose of this course is to certify and prepare students to become lifeguards. This program builds a foundation in knowledge, attitudes, and skills needed so they will become responsible lifeguards. Students will develop a level of fitness, endurance and techniques in swimming skills. Prerequisite: Personal Fitness. Standard P.E. uniform required.

### MARTIAL ARTS

Semester/Full Year  
10 11 12

Martial Arts Class will study the art of Jujitsu. This Co-Ed class is physically demanding and requires full participation. Jujitsu involves techniques that include joint manipulations, throws, chokes, and various other strategies used for self-defense. **Lab Fee:** \$40 for a uniform.

### PHYSICAL EDUCATION

Semester/Full Year  
10 11 12

This course is aimed at the further development of our students through games, team sports, individual sports and fitness activities by helping the students further develop physically, mentally and socially in accordance with the Nevada State Physical Education Standards. Prerequisite: Personal Fitness. **This class will be designated male or female.** Standard P.E. uniform required.

### \*WEIGHT TRAINING/BOYS

Semester/Full Year  
10 11 12

Each student's individual needs will be assessed and realistic goals will be established. This course will emphasize the use of free weights, resistance training, power training, endurance training, plyometrics, running, and aerobics in order to increase strength and conditioning. Enrollment is limited due to space. A standard PE uniform is required.

**\*Also offered Zero Period**

**ATHLETIC CONDITIONING CLASS**

Semester/Full Year  
10 11 12

This class is designed for high school varsity athletes to improve their sports performance through effectively applying Biomechanical principles and developing Symmetry in motion. Prerequisite: Varsity coach recommendation. A standard PE uniform is required.

**STRENGTH & CONDITIONING/GIRLS I**

Semester/Full Year  
10 11 12

Girls will learn how to shape and tone their bodies through stretching, yoga, pilates, aerobics and weight training. The girls will be exposed to a variety of different types of exercises to help them find what they enjoy and what works best for them. The instructor will start by leading the girls through an exercise routine including dynamic warm-ups with the girls eventually formulating a routine of their own, promoting an appreciation of exercise and affecting a life-long change towards Fitness For A Lifetime. Prerequisite: Personal Fitness. A standard P.E. uniform is required.

**STRENGTH & CONDITIONING/GIRLS II**

Semester/Full Year  
11 12

Girls will continue their exercise routine of stretching, yoga, pilates, aerobics and weightlifting. Plyometrics, sprinting and running will also be added. Girls will set weight and body fat goals, and increasing personal strength goals, as they learn about the importance of diet and body composition to promote Fitness For A Lifetime. Prerequisite: Strength & Conditioning/Girls I. A standard P.E. uniform is required.

**HEALTH**

Semester /Required  
9

**(10 11 12 who have not completed Health)**

This course is required of all freshmen to meet the health graduation requirement. Health is designed to offer the student a realistic view of the health and safety aspects of their own daily activities. The curriculum is designed to address the State Standards. Instruction will include studying human growth and development, effects of drugs, alcohol and tobacco, disease control and prevention, community health, accident prevention, safety and first aid, nutritional health, consumer health. This course is taught in conjunction with Computer Literacy to fulfill the Health/Computer Literacy requirement.