

COURSE TITLE: Beginning PE
COURSE LENGTH: 1 semester
COURSE CREDIT: 0.5 credit

COURSE TYPE: required
GRADE LEVEL: 9
PREREQUISITE: n/a

COURSE GOALS:

1. Students will define health-related physical fitness and health and wellness terms.
 2. Students will explain the benefits of being physically active.
 3. Students will discuss and record health risks of being unfit.
 4. Students will demonstrate how to take heart rate during rest and exercise.
 5. Students will measure target heart rate range.
 6. Students will design and construct physical fitness collage.
 7. Students will practice movement involving inflexion, extension, abduction, and adduction.
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COURSE CONTENT:

1. Assessment of own health
2. Reduction of risk factors and avoidance of high risk behavior
3. Physical and mental health principles and practices
4. Physical fitness and recreation
5. Motor skills and movement