Course Title: ADV Weight Training

Course #: 1937

Course Description: This course is designed to give students the opportunity to learn advanced weight training concepts and techniques used for obtaining optimal physical fitness. Students will benefit from advanced weight training and cardiorespiratory endurance activities. Students will expand upon basic weight training techniques, learn Olympic lifting movements and develop skills needed to design a comprehensive strength and conditioning program. Course includes both lecture and activity sessions. Students will be empowered to make wise choices, meet challenges, and develop positive behaviors in fitness, wellness, and movement activity for a lifetime.

UC/CSU Approval: Not UC approved

Grade Level: 10-12

Estimated Homework Per Week: 0-1 Hour

Prerequisite: Weight Training (1935) or Teacher Recommendation

Recommended Prerequisite Skills: Varsity Level Athlete looking to improve strength, speed and improve overall athletic performance. Able to perform proper technique on all core lifts including, Back/Front Squat, Deadlift, Bench Press.

Course Grading:
Students receive 4 points daily based on the following standards....

4 Points:
● Engaged in designed workout throughout entire period. (All drills completed)
● Works with optimum efficiency to obtain peak physical conditioning.
● Demonstrates proper technique at all times.
● Demonstrates proper safety at all times.
● Completes all written assignments in a timely fashion.
3 Points:
● Engaged in designed workout throughout most of the class period. (3/4’s of drills completed)
● Works with above average efficiency to obtain peak physical conditioning.
● Demonstrates proper technique a majority of the lifts.
● Demonstrates proper safety a majority of the time.
● Completes all written assignments.

2 Points:
● Sporadically engaged in designed workout during the class period. (1/2 of drills completed)
● Works with below average efficiency to obtain peak physical conditioning.
● Demonstrates proper technique rarely.
● Demonstrates proper safety rarely.
● Completes some written assignments.

1 Point:
● Rarely engaged in designed workout during the class period. (1/4 drill completed)
● Works with poor efficiency to obtain peak physical conditioning.
● Demonstrates proper technique hardly ever.
● Demonstrates proper safety hardly ever.
● Rarely completes written assignments.

Major Assessments/Units/Topics:
1. Goal Setting: Students learn to set SMART goals and complete individual goals for the semester.
2. Gross Muscle Anatomy: Students will identify major muscles involved with exercise.
3. Exercise and Muscle identification - Students will understand exercise terminology and be able to identify which muscles are utilized with essential movements.
4. Nutrition for Student: Students will explore basic exercise nutrition as it relates to class movements
5. Fitness: FITT
   a. Frequency: (how often)
   b. Intensity: Full-range of motion/point of mild discomfort (flexibility) (muscular strength and muscular endurance). Hold pose for 3 seconds (balance)
   c. Time: 30-60 minutes per class
   d. Type:Muscular strength, muscular endurance, flexibility, and balance
Course Title: Beginning Weight Training

Course #: 1938

Course Description: This course is designed to give 9th grade students the opportunity to learn basic weight training concepts and techniques used for obtaining optimal physical fitness. Students will benefit from beginning weight training and cardiorespiratory endurance activities. Students learn the basic fundamentals of weight training, strength training, aerobic training, and overall fitness training and conditioning. Course includes both lecture and activity sessions. Students will be empowered to make wise choices, meet challenges, and develop positive behaviors in fitness, wellness, and movement activity for a lifetime.

UC/CSU Approval: Not UC approved

Grade Level: 9

Estimated Homework Per Week: 0-1 Hour

Prerequisite: None

Recommended Prerequisite Skills: Freshman student athletes looking to learn proper technique and etiquette in the weight room.

Course Grade Scale:
Students receive 4 points daily based on the following standards….

4 Points:
● Engaged in designed workout throughout entire period. (*All drills completed*)
● Works with optimum efficiency to obtain peak physical conditioning.
● Demonstrates proper technique at all times.
● Demonstrates proper safety at all times.
● Completes all written assignments in a timely fashion.
3 Points:
- Engaged in designed workout throughout most of the class period. (3/4’s of drills completed)
- Works with above average efficiency to obtain peak physical conditioning.
- Demonstrates proper technique a majority of the lifts.
- Demonstrates proper safety a majority of the time.
- Completes all written assignments.

2 Points:
- Sporadically engaged in designed workout during the class period. (1/2 of drills completed)
- Works with below average efficiency to obtain peak physical conditioning.
- Demonstrates proper technique rarely.
- Demonstrates proper safety rarely.
- Completes some written assignments.

1 Point:
- Rarely engaged in designed workout during the class period. (1/4 drill completed)
- Works with poor efficiency to obtain peak physical conditioning.
- Demonstrates proper technique hardly ever.
- Demonstrates proper safety hardly ever.
- Rarely completes written assignments.

Major Assessments/Units/Topics:
1. Goal Setting: Students learn to set SMART goals and complete individual goals for the semester.
2. Gross Muscle Anatomy: Students will identify major muscles involved with exercise.
3. Exercise and Muscle identification: Students will understand exercise terminology and be able to identify which muscles are utilized with essential movements.
4. Nutrition for Student: Students will explore basic exercise nutrition as it relates to class movements.
5. Fitness: FITT
   a. Frequency: (how often)
   b. Intensity: Full-range of motion/point of mild discomfort (flexibility) (muscular strength and muscular endurance). Hold pose for 3 seconds (balance)
   c. Time: 30-60 minutes per class
   d. Type: Muscular strength, muscular endurance, flexibility, and balance
Course Title: Core Stretching

Course #: 1939

Course Description: Core stretching and fitness is designed to improve the health, performance, and mental acuity of athletes or individuals interested in improving their level of fitness. Based on the fitness and stretching, it blends balance, strength, flexibility and power in a fitness format. This class is a relaxed-paced yoga practice that integrates breath work with deliberate muscle elongation, toning, and spacial awareness.

UC/CSU Approval: Not UC approved

Grade Level: 9-12

Estimated Homework per Week: 0-1 HRS

Prerequisite: None

Recommended Prerequisite Skills: None

Course Grading:
Students receive 4 points daily based on the following standards….

4 Points:
● Engaged in designed workout throughout entire period. (All drills completed)
● Works with optimum efficiency to obtain peak physical conditioning.
● Demonstrates proper technique at all times.
● Demonstrates proper safety at all times.
● Completes all written assignments in a timely fashion.

3 Points:
● Engaged in designed workout throughout most of the class period. (3/4’s of drills completed)
● Works with above average efficiency to obtain peak physical conditioning.
● Demonstrates proper technique a majority of the lifts.
● Demonstrates proper safety a majority of the time.
● Completes all written assignments.
2 Points:
- Sporadically engaged in designed workout during the class period. (1/2 of drills completed)
- Works with below average efficiency to obtain peak physical conditioning.
- Demonstrates proper technique rarely.
- Demonstrates proper safety rarely.
- Completes some written assignments.

1 Point:
- Rarely engaged in designed workout during the class period. (1/4 drill completed)
- Works with poor efficiency to obtain peak physical conditioning.
- Demonstrates proper technique hardly ever.
- Demonstrates proper safety hardly ever.
- Rarely completes written assignments.

Major Assessments/Units/Topics:

ASSESSMENTS
1. Goal Setting: Students learn to set SMART goals and complete individual goals for the semester.
2. Gross Muscle Anatomy: Students will identify major muscles involved with exercise.
3. Exercise and Muscle Identification: Students will understand exercise terminology and be able to identify which muscles are utilized with essential movements.
4. Nutrition for Students: Students will explore basic exercise nutrition as it relates to class movements
5. Fitness: FITT
   a. Frequency: (how often)
   b. Intensity: Full-range of motion/point of mild discomfort (flexibility) (muscular strength and muscular endurance). Hold pose for 3 seconds (balance)
   c. Time: 30-60 minutes per class
   d. Type: Muscular strength, muscular endurance, flexibility, and balance

UNITS
Mastery of the following pose types:
1. Sitting
   a. Twist, Butterfly, Child’s pose, etc.
2. Standing
   a. Chair, Warrior 1, Warrior 2, etc.
3. Resting
   a. Easy, Bridge, Thread Needle, etc.
4. Breathing
   a. Cat, Cow, Cobra, etc.
5. Relaxation
   a. Downward Dog, Legs up on Wall, Lotus, etc.
Course Title: Futsal

Course #: 1964

Course Description: Futsal is a course where students learn the basic skills of Futsal and indoor soccer. Games are played daily in the gym in a high energy environment with music and high speed play.

UC/CSU Approval: Not UC approved

Grade Level: 10-12

Estimated Homework Per Week: None

Prerequisite: None

Recommended Prerequisite Skills: Basic soccer skills and knowledge of rules

Course Grading:
Students receive 4 points daily based on the following standards....

4 Points:
● Engaged in designed workout throughout entire period. (All drills completed)
● Works with optimum efficiency to obtain peak physical conditioning.
● Demonstrates proper technique at all times.
● Demonstrates proper safety at all times.
● Completes all written assignments in a timely fashion.

3 Points:
● Engaged in designed workout throughout most of the class period. (3/4’s of drills completed)
● Works with above average efficiency to obtain peak physical conditioning.
● Demonstrates proper technique a majority of the lifts.
● Demonstrates proper safety a majority of the time.
● Completes all written assignments.
2 Points:
● Sporadically engaged in designed workout during the class period. (1/2 of drills completed)
● Works with below average efficiency to obtain peak physical conditioning.
● Demonstrates proper technique rarely.
● Demonstrates proper safety rarely.
● Completes some written assignments.

1 Point:
● Rarely engaged in designed workout during the class period. (1/4 drill completed)
● Works with poor efficiency to obtain peak physical conditioning.
● Demonstrates proper technique hardly ever.
● Demonstrates proper safety hardly ever.
● Rarely completes written assignments.

Major Assessments/Units/Topics:
1. Goal Setting: Students learn to set SMART goals and complete individual goals for the semester.
2. Gross Muscle Anatomy: Students will identify major muscles involved with exercise.
3. Exercise and Muscle Identification: Students will understand exercise terminology and be able to identify which muscles are utilized with essential movements.
4. Nutrition for Students: Students will explore basic exercise nutrition as it relates to class movements
5. Fitness: FITT
   a. Frequency: (how often)
   b. Intensity: Full-range of motion/point of mild discomfort (flexibility) (muscular strength and muscular endurance). Hold pose for 3 seconds (balance)
   c. Time: 30-60 minutes per class
   d. Type: Muscular strength, muscular endurance, flexibility, and balance
Course Title: Independent PE

Course #: 1952 (Fall) 1953 (Spring)

Course Description: An independent study physical education course requires personal accountability and maturity. Students in I.S.P.E. will be responsible for fulfilling the requirements of the I.S.P.E. contract, which include completion of all workout logs, and submission of all reports. Per state requirements students must meet the 400 minutes every 2 weeks over the course of the school academic semester fall or spring to receive credit. School approved physical education courses provided via independent study may generate both academic and apportionment credit.

UC/CSU Approval: Not UC approved

Grade Level: 9-12

Estimated Homework Per Week: 200 minutes

Prerequisite: The Independent Physical Education program is offered for (1) exceptionally gifted, state or regionally ranked athletes, (2) students wishing to take an advanced level in a sport we are not currently offering, (3) To provide an alternative for students who have an impacted schedule who are in special academic support programs (i.e. Learning Center/Academic Coaching), (4) students with medical conditions, or (5) students who need additional credits to meet their graduation requirements beyond the 70 credits per year. Independent PE does not include PE/Wellness for grades 11-12.

Recommended Prerequisite Skills: None

Course Grade Scale: Credit/No Credit

Major Assessments/Units/Topics:
Students must take and complete a physical assessment prior to beginning course.
The fitness assessment test consists of:
- 1 mile timed run
- Timed push ups and sit ups
- Pull ups
- Shuttle run
- BMI measurement
Topics are chosen by the student and will meet the criteria set up by the instructor. Options include but are not limited to:

- Aerial Dance
- Archery
- Bicycle (e.g. BMX, racing, jumping, mountain)
- Boating
- Bob-sledding
- Boxing
- Brazilian Jiu Jitsu
- Equestrian
- Fencing
- Hockey
- Martial Arts
- Parasailing
- Roller blading
- Skating
- Sailing
- Skiing
- Surfing
Course Title: PE/Lifetime Wellness

Course #: 1911

Course Description: Students will be introduced to the history, rules, skills, and strategies of a variety of team sports. Students will also participate in aerobics, fitness testing and activities, weight training, and conditioning. This course seeks to enhance lifetime wellness by improving physical competence, health-related fitness, self-responsibility and enjoyment of physical activity so students can be physically active for a lifetime. All 9th grade students will complete a health unit. This health unit explores issues including physical fitness and nutrition, family and social health, drugs and alcohol, disease and disorders and injury prevention and safety.

UC/CSU Approval: Not UC approved

Grade Level: 9-12

Estimated Homework Per Week: 0-1 HRS

Prerequisite: None

Recommended Prerequisite Skills: None

Course Grade Scale:
Students receive 4 points daily based on the following standards….

4 Points:
● Engaged in designed workout throughout entire period. (All drills completed)
● Works with optimum efficiency to obtain peak physical conditioning.
● Demonstrates proper technique at all times.
● Demonstrates proper safety at all times.
● Completes all written assignments in a timely fashion.

3 Points:
● Engaged in designed workout throughout most of the class period. (3/4’s of drills completed)
● Works with above average efficiency to obtain peak physical conditioning.
● Demonstrates proper technique a majority of the lifts.
● Demonstrates proper safety a majority of the time.
● Completes all written assignments.

2 Points:
● Sporadically engaged in designed workout during the class period. (1/2 of drills completed)
● Works with below average efficiency to obtain peak physical conditioning.
● Demonstrates proper technique rarely.
● Demonstrates proper safety rarely.
● Completes some written assignments.

1 Point:
● Rarely engaged in designed workout during the class period. (1/4 drill completed)
● Works with poor efficiency to obtain peak physical conditioning.
● Demonstrates proper technique hardly ever.
● Demonstrates proper safety hardly ever.
● Rarely completes written assignments.

Major Assessments/Units/Topics:
1. Goal Setting: Students learn to set SMART goals and complete individual goals for the semester.
2. Gross Muscle Anatomy: Students will identify major muscles involved with exercise.
3. Exercise and Muscle Identification: Students will understand exercise terminology and be able to identify which muscles are utilized with essential movements.
4. Nutrition for Students: Students will explore basic exercise nutrition as it relates to class movements
5. Fitness: FITT
   a. Frequency: (how often)
   b. Intensity: Full-range of motion/point of mild discomfort (flexibility) (muscular strength and muscular endurance). Hold pose for 3 seconds (balance)
   c. Time: 30-60 minutes per class
   d. Type: Muscular strength, muscular endurance, flexibility, and balance
6. Physical Fitness Testing
   a. Mile Run: 4 laps around the track timed
   b. Sit Ups: 1 minute timed
   c. Push Ups: 1 minute timed
   d. Pull Ups: Student performs as many proper pull ups as they can
   e. Sit and Reach: data provided by sit and reach box
   f. Shuttle Run: measures reaction time - student is timed by PE teacher

UNITS:
● Flag football: Basic techniques and skills taught so students can participate in the activity of flag football.

● Volleyball: Introduction to basic techniques and skills so students can participate in the activity of volleyball.

● Basketball: Basic game concepts, rules, and fundamental skills associated with playing basketball.

● Badminton: Introduction to basic techniques and skills so students can participate in the activity of badminton.

● Various other activities including: Weight training, Swim, Ultimate frisbee, Soccer, Tennis, Softball
Course Title: Swimming

Course #: 1960

Course Description: This course is designed to enable students to progress from basic swimming skills to advanced skills that will allow the students to swim freestyle stroke 25 yards consecutively. The students will learn proper body positioning, breathing, kicking and arm stroking techniques. Students will learn and observe all water safety and pool rules. Students will learn personal safety skills for beginner swimmers.

UC/CSU Approval: Not UC approved

Grade Level: 10-12

Estimated Homework Per Week: 0-1 hour

Prerequisite: Students swim 100 yards continuously and exhibit a positive swimming attitude.

Recommended Prerequisite Skills: Freestyle/Breaststroke/Backstroke

Course Grading:
Students receive 4 points daily based on the following standards....

4 Points:
● Engaged in designed workout throughout entire period. (All drills completed)
● Works with optimum efficiency to obtain peak physical conditioning.
● Demonstrates proper technique at all times.
● Demonstrates proper safety at all times.

3 Points:
● Engaged in designed workout throughout most of the class period. (3/4’s of drills completed)
● Works with above average efficiency to obtain peak physical conditioning.
● Demonstrates proper technique a majority of the lifts.
● Demonstrates proper safety a majority of the time.
2 Points:
- Sporadically engaged in designed workout during the class period. (1/2 of drills completed)
- Works with below average efficiency to obtain peak physical conditioning.
- Demonstrates proper technique rarely.
- Demonstrates proper safety rarely.

1 Point:
- Rarely engaged in designed workout during the class period. (1/4 drill completed)
- Works with poor efficiency to obtain peak physical conditioning.
- Demonstrates proper technique hardly ever.
- Demonstrates proper safety hardly ever.

Major Assessments/Units/Topics:
1. Goal Setting: Students learn to set SMART goals and complete individual goals for the semester.
2. Gross Muscle Anatomy: Students will identify major muscles involved with exercise.
3. Exercise and Muscle Identification: Students will understand exercise terminology and be able to identify which muscles are utilized with essential movements.
4. Nutrition for Students: Students will explore basic exercise nutrition as it relates to class movements.
5. Fitness: FITT
   a. Frequency: (how often)
   b. Intensity: Full-range of motion/point of mild discomfort (flexibility) (muscular strength and muscular endurance). Hold pose for 3 seconds (balance)
   c. Time: 30-60 minutes per class
   d. Type: Muscular strength, muscular endurance, flexibility, and balance
Course Title:  Walking for Fitness

Course #:  1940

Course Description:  Fitness walking is the safest and most natural activity for health and fitness.  The purpose of this class is to assist the student in the improvement of their cardiovascular fitness through walking.  The course introduces a self-paced walking program as a lifelong fitness activity that maintains and enhances physical fitness and well-being.  The course will provide basic information and tools needed to understand, organize, plan, and implement a physical fitness program that features walking as the primary activity.  Emphasis is placed on developing an individual level of walking performance.  Practical applications of principles of exercise and the components of an effective cardiovascular workout are used in achieving fitness through a walking program.

UC/CSU Approval:  Not UC approved

Grade Level:  9-12

Estimated Homework Per Week:  0-1 hours per week

Prerequisite:  None

Recommended Prerequisite Skills:  None

Course Grading:
Students receive 4 points daily based on the following standards....

4 Points:
● Engaged in designed workout throughout entire period. (All drills completed)
● Works with optimum efficiency to obtain peak physical conditioning.
● Demonstrates proper technique at all times.
● Demonstrates proper safety at all times.

3 Points:
● Engaged in designed workout throughout most of the class period. (3/4’s of drills completed)
● Works with above average efficiency to obtain peak physical conditioning.
● Demonstrates proper technique a majority of the lifts.
● Demonstrates proper safety a majority of the time.
2 Points:
- Sporadically engaged in designed workout during the class period. (1/2 of drills completed)
- Works with below average efficiency to obtain peak physical conditioning.
- Demonstrates proper technique rarely.
- Demonstrates proper safety rarely

1 Point:
- Rarely engaged in designed workout during the class period. (1/4 drill completed)
- Works with poor efficiency to obtain peak physical conditioning.
- Demonstrates proper technique hardly ever.
- Demonstrates proper safety hardly ever.

By completing activities and assigned reading, students will be able to demonstrate through class activities/assignments:

- Knowledge of fundamental skills, technique, related to walking.
- Proficiency in execution of the skills covered.
- Develop an appreciation for wellness through daily walking regimen.
- Demonstrate and assess current levels of physical fitness and use their current level to develop a walking program.
- Develop flexibility and cardiovascular endurance.
- Demonstrate basic knowledge of nutrition.
- Apply personal fitness practice to class efforts daily.
- Demonstrate knowledge of the benefits of following healthy lifestyle choices.
- Demonstrate the ability to use heart rate and target zone to determine physical fitness levels and exertion during exercise.
- Demonstrate the ability to use pedometers and heart rate monitors to measure exercise progress.

Major Assessments/Units/Topics:
1. Goal Setting: Students learn to set SMART goals and complete individual goals for the semester.
2. Gross Muscle Anatomy: Students will identify major muscles involved with exercise.
3. Exercise and Muscle Identification: Students will understand exercise terminology and be able to identify which muscles are utilized with essential movements.
4. Nutrition for Students: Students will explore basic exercise nutrition as it relates to class movements
5. Fitness: FITT
   a. Frequency: (how often)
   b. Intensity: Full-range of motion/point of mild discomfort (flexibility) (muscular strength and muscular endurance). Hold pose for 3 seconds (balance)
   c. Time: 30-60 minutes per class
   d. Type: Muscular strength, muscular endurance, flexibility, and balance
Course Title: Weight Training

Course #: 1935

Course Description: This course is designed to give students the opportunity to learn basic weight training concepts and techniques used for obtaining optimal physical fitness. Students will benefit from beginning weight training and cardiorespiratory endurance activities. Students learn the basic fundamentals of weight training, strength training, aerobic training, and overall fitness training and conditioning. Course includes both lecture and activity sessions. Students will be empowered to make wise choices, meet challenges, and develop positive behaviors in fitness, wellness, and movement activity for a lifetime.

UC/CSU Approval: Not UC approved

Grade Level: 10-12

Estimated Homework Per Week: 0-1 Hour per Week

Prerequisite: None

Recommended Prerequisite Skills: None

Course Grade Scale:
Students receive 4 points daily based on the following standards….

4 Points:
- Engaged in designed workout throughout entire period. (All drills completed)
- Works with optimum efficiency to obtain peak physical conditioning.
- Demonstrates proper technique at all times.
- Demonstrates proper safety at all times.
-Completes all written assignments in a timely fashion.

3 Points:
- Engaged in designed workout throughout most of the class period. (3/4’s of drills completed)
- Works with above average efficiency to obtain peak physical conditioning.
- Demonstrates proper technique a majority of the lifts.
- Demonstrates proper safety a majority of the time.
- Completes all written assignments.
2 Points:
- Sporadically engaged in designed workout during the class period. (1/2 of drills completed)
- Works with below average efficiency to obtain peak physical conditioning.
- Demonstrates proper technique rarely.
- Demonstrates proper safety rarely.
- Completes some written assignments.

1 Point:
- Rarely engaged in designed workout during the class period. (1/4 drill completed)
- Works with poor efficiency to obtain peak physical conditioning.
- Demonstrates proper technique hardly ever.
- Demonstrates proper safety hardly ever.
- Rarely completes written assignments.

Major Assessments/Units/Topics:
1. Goal Setting: Students learn to set SMART goals and complete individual goals for the semester.
2. Gross Muscle Anatomy: Students will identify major muscles involved with exercise.
3. Exercise and Muscle Identification: Students will understand exercise terminology and be able to identify which muscles are utilized with essential movements.
4. Nutrition for Students: Students will explore basic exercise nutrition as it relates to class movements
5. Fitness: FITT
   a. Frequency: (how often)
   b. Intensity: Full-range of motion/point of mild discomfort (flexibility) (muscular strength and muscular endurance). Hold pose for 3 seconds (balance)
   c. Time: 30-60 minutes per class
   d. Type: Muscular strength, muscular endurance, flexibility, and balance