

Physical Education and Health Courses

Physical Education and Health

Required for students in grades 9, 10, 11 or 12

Prerequisites: None

Credit: Successful completion of this year long course will result in 1 earned high school Physical Education credit. This course is required to meet Michigan Merit Curriculum graduation guidelines.

Physical education is a sequential, developmentally appropriate educational program that provides students with the knowledge, skills, fitness, and attitudes necessary to lead a healthy lifestyle. All students will show competence in the following six physical education content standards: motor skills and movement patterns, understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities, regular participation in lifelong physical activity, achieving and maintaining a health-enhancing level of physical fitness, exhibiting responsible personal and social behavior that respects self and others in physical activity settings, and value of physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

Advanced Physical Education: Strength and Conditioning

Available for students in grades 11, 12

Prerequisites: None

Credit: Successful completion of this year long course will result in 1 earned high school Physical Education elective credit

This course will address the process of movement and physical fitness. Participants will engage in both flexibility, anaerobic, and aerobic movements activities designed to explain and develop fitness for life. This course is designed for athletically-minded students.