



Health and Physical Education Course Electives

HEALTH EDUCATION

MINDFULNESS AND THE ADVANCED MINDSET 60350

This course is designed to assist students in learning the basic principles, theories, and relaxation techniques to effectively manage personal stress. Through personal exploration, students will learn how to identify stress, the impact of stress with regard to the physical, emotional, and chemical impact it has on the body, and the various methods that can be utilized to manage and reduce stress.

PHYSICAL EDUCATION

PHYSICAL EDUCATION 60030

This class will expose students to a wide variety of team and individual sports, adventure education, lifetime and leisure experiences. The program is designed to provide all students with opportunities for mental, physical and social growth and development through physical activities.

EXTREME PHYSICAL EDUCATION 60040

This class will expose students to a wide variety of team and individual sports, adventure education, lifetime and leisure experiences at a more competitive level than traditional physical education. The program is designed to provide all students with opportunities for mental, physical and social growth and development through physical activities.

CROSSFIT AND PHYSICAL EDUCATION 60050

This class will allow students to design their own personal fitness program based on Cross Fit's 9 foundational movements and a healthy nutritional lifestyle. Students will learn to identify and implement the components of fitness and skill to assess their personal fitness and wellness levels. This course teaches physical fitness through a variety of activities that may typically include jogging, cycling, nutrition, cardio, gymnastics, and strength training. This course will also encompass the fundamentals of PE 60030.

DANCE, FITNESS AND PHYSICAL EDUCATION 60060

This course provides the opportunity to experience and learn dance steps and movement patterns for such types of dance as ballet, modern/jazz, musical theater, hip hop, and partner dancing. Students will also explore the history of dance, dance on stage and in film, and different fitness dance concepts. This course will also encompass the fundamentals of PE 60030.

YOGA AND PHYSICAL EDUCATION 60070

This is an introductory yoga course designed to introduce students, safely and accessibly, to the basic postures, breathing techniques, and relaxation methods of yoga. Students will experience the benefits of stretching, moving, and breathing freely as they relieve built up stress, learn to relax, and ultimately get more out of day-to-day life. This course will also encompass the fundamentals of PE 60030.

2018-19 course registration will be done with your guidance counselor.