



RINCON RANGERS

Physical Education Course Descriptions

Body Conditioning (This is a girls' only class – open to students who identify as female and are in 10th, 11th and 12th grade only)

Students will be exposed to lifts and different workout routines. Cardiovascular work will also take place. Goals are improved strength, speed, agility, balance, flexibility, and cardiovascular strength. This is a one semester course. If you would like this class all year, you must sign up for it for both semesters.

Coed Physical Education

Physical Education has a strong emphasis on developing fitness and skills mainly in a collaborative team atmosphere. Activities include: track and field, fitness exercises, volleyball, basketball, rugby, pickleball, soccer, and badminton. Classroom instruction provides an opportunity to learn skills, drills and strategies. All Physical Education classes include a reading and writing component. This is a one semester course. If you would like this class all year, you must sign up for it for both semesters.

Weight Training (This class is for 10th, 11th and 12th grade only)

Instruction is provided in the fundamental techniques of weight-lifting, spotting and aerobic conditioning along with safety and etiquette in the weight room. Information on training techniques, basic anatomy and diet as they relate to weight lifting and aerobic conditioning are presented. This is a one semester course. If you would like this class all year, you must sign up for it for both semesters.

Health (this is a graduation requirement. It is one semester long)

Students demonstrate the ability to advocate for personal, family and community health, to use goal setting and decision-making skills to enhance health, to use interpersonal skills to enhance health, to analyze the influence of culture, media, technology and other factors on health, to practice health-enhancing behaviors and reduce health risks, to access accurate health information and to comprehend concepts related to health promotion and disease prevention.