

PHYSICAL EDUCATION/HEALTH

9th - 12th Grades

1501410 **POWER WEIGHT TRAINING I** **Grades 9-12** **1 credit**
Will meet Florida Academic Scholars requirements for Physical Education.

This course is designed to introduce the advanced weightlifter to the sport and training aspects surrounding Power Lifting. Emphasis will be placed on exercise technique, individual workout design, nutrition, and conditioning. This is for serious athletes only. Students must be in a varsity sport to be placed in this class.

1503350 **TEAM SPORTS I** **Grades 9-12** **1 credit**
Will meet Florida Academic Scholars requirements for Physical Education.

The content of this course includes knowledge and application of skills, techniques, strategies, rules, and safety practices included basketball, soccer, swimming, tennis, lacrosse, floor hockey, archery, handball, track and field, kickball, gatorball, etc. Strategies of team sports require skill acquisition and maintenance of improvement of personal fitness are stresses.

1503360 **TEAM SPORTS II** **Grades 10-12** **1 credit**
Will meet Florida Academic Scholars requirements for Physical Education.

The content of this course includes knowledge and application of skills, techniques, strategies, rules, and safety practices included basketball, soccer, swimming, tennis, lacrosse, floor hockey, archery, handball, track and field, kickball, gatorball, etc. Strategies of team sports require skill acquisition and maintenance of improvement of personal fitness are stresses.

1506320 **HEALTH OCCUPATIONS THROUGH PHYSICAL EDUCATION (HOPE)** **Grades 9-12** **1 credit**

The purpose of this course is to develop and enhance healthy behaviors that influence lifestyle choices and student health and fitness. The content will include, but not be limited to, fitness and health concepts, risk and benefits of varying fitness levels, biomechanical and physiological principles, development of an individual wellness plan, responsible decision making, development of an individual nutrition plan, completion of a behavior change project, safety and injury prevention, safety education practices, analyzing consumer information and community resources, mental and emotional health, stress management, disease prevention and control, tobacco, alcohol, and other drug use and abuse, teen pregnancy prevention, and advocating for health and fitness promotion.