

PE ELECTIVES PRESENTATION

We offer a number of PE elective classes.

All of our electives are full semester classes.

They are all worth one ½ credit toward your GPA.

(You have the opportunity to select a PE elective class as you do with any other subject that offers electives)

Body, Mind, & Movement – a low impact class that promotes fitness through the use of yoga, dance, and Pilates. This class is a great way to reduce stress and tension. The course can also assist you with injury prevention by working and stretching muscles in a relaxed atmosphere.

The History of Sport – Are you a sports fan? How did sports evolve? Where did they come from? How did we end up with a super bowl, a world series, or the Olympics? This class will trace events of sport history through America and around the World. It will focus on how culture, ethnicity, gender, consumerism, and mass media apply to the sporting world.

Leaner, Faster, Stronger – This is an intense fitness class. If you want to take your fitness goals to the next level this is the course for you. You will be taught how to conduct fitness assessments and set personal goals towards a healthy lifestyle.

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Lifesaver 1 – In this class you will be trained in the area of Red Cross CPR/AED/ and First Aid. Many jobs available to your age group now desire or mandate these skills, for example: life guarding, baby sitting, restaurant service and more. Upon completion of the course each student will receive certification from the Red Cross in the previous mentioned areas.

Lifesaver 2 - Has been approved. This class will be an extension of Lifesaver1. It will deal with you as being the sole responder in an emergency situation when EMS rescue is delayed indefinitely. It also allows you to graduate with CPR/First Aid certification.

Surviving the Wild – Students will learn various unique skills involving wilderness survival. This class will use both an indoor and outdoor setting to teach these skills. This is a hands on class. Skills often portrayed on shows such as Alone, Bear Grylls, or Dual Survival will be explored.