

## PE Courses

### Weight Training 1

15013400     *½ year, Grades 9-12*

The purpose of this course is to enable students to acquire basic knowledge and skills in weight training, improve muscular strength and endurance and begin to enhance self-image.

### Weight Training 2

15013500     *½ year, Grades 10-12*

Prerequisite: Weight Training 1

The purpose of this course is to enable students to develop intermediate level knowledge and skills in weight training, further improve muscular strength and endurance and further enhance self-image.

### Weight Training 3

15013600     *½ year, Grades 10-12*

Prerequisite: Weight Training 2

The purpose of this course is to enable students to develop advanced knowledge and skills in weight training, further improve muscular strength and endurance and further enhance self-image.

### Basketball

15033100     *½ year, Grades 9-12*

The purpose of this course is to enable students to develop knowledge and skills in basketball and to maintain or improve health-related fitness.

### Basketball 2

1503315     *1/2 credit, 10th-12th*

The purpose of this course is to provide more in-depth instruction of the fundamental skills, tactics, rules and etiquette in basketball. Introduction to systems of play will be included to enhance the student's understanding. Advanced skills and drills which directly affect student's physical and cognitive abilities will be covered. Students will participate in advanced individual and team techniques in relationship to basketball strategy.

### Driver Education

19003000     *1/2 year, Grades 10-12*

Prerequisite: Must be 15 years of age or older (original Birth Certificate and Social Security card required), \$88 to take class. Includes classroom and laboratory instruction and gives students an opportunity to test for and obtain both a learners and operator's license. Laboratory activities include off-street multiple driving range lessons and on-street driving.

### HOPE

30260104

*1 year, Grades 9-12*

Develops and enhances healthy behaviors that influence lifestyle choices and student health and fitness.  
Graduation requirement

### Team Sports I

15033500

*½ year, Grades 9-12*

The purpose of this course is to enable students to acquire basic knowledge of team sports play, develop skills in specified team sports, and maintain or improve health-related fitness.