

36.031 Intermediate Team Sports

Enhances skills and strategies in team sports such as basketball, volleyball, soccer, softball, baseball, field hockey, lacrosse, team handball and flag football.

36.04100 Advanced Team Sports

Provides opportunities to officiate and to enhance skills in team sports strategies.

36.03500 Intermediate Outdoor Education

Enhances skills and appreciation for camping, fishing, hiking, orienteering, backpacking, rappelling, outdoor cooking, boating safety, hunter safety, riflery and archery.

36.04500 Advanced Outdoor Education

Provides further skills development in a chosen area of outdoor education activities.

36.03600 Intermediate Rhythmic and Dance

Enhances level, range, force and focus in the exploration of space through music and dance; may include creative and expressive dance, folk and ethnic dance and square dance or experiences developing fitness and the ability to synchronize movement with musical structure. May include jump ropes, balls, sticks, streamers and bamboo poles.

36.04600 Advanced Rhythmic and Dance

Provides further development of technical skills and creative capabilities in rhythmic and dance activities.

36.05100 Personal Fitness

Provides instruction in methods to attain a healthy level of physical fitness. Covers how to develop a lifetime fitness program based on a personal fitness assessment and stresses strength, muscular endurance, flexibility, body composition and cardiovascular endurance. Includes fitness principles, nutrition, fad diets, weight control, stress management, adherence strategies and consumer information; promotes self-awareness and responsibility for fitness.

17.01100 Health

Explores the mental, physical and social aspects of life and how each contributes to total health and well-being. Emphasizes safety, nutrition, mental health, substance abuse prevention, disease prevention, environmental health, family life education, health careers, consumer health, and community health.

36.05300 Aerobic Dance

Provides opportunities to perform choreographic routines to music and to increase strength, cardiovascular and muscular endurance and flexibility. Includes fitness concepts for developing healthy lifetime habits.

36.05700 Intermediate Aerobic Dance

Offers continuation of activities covered in Beginning Aerobics course. Includes continuation of cardiovascular and muscular strength training through a regular exercise program of aerobic progression. Emphasizes individual development of fitness, diet and stress management.

36.05400 Weight Training

Introduces weight training; emphasizes strength development training and proper lifting techniques. Includes fitness concepts for developing healthy lifetime habits.

36.06400 Advanced Weight Training

Increases strength and cardiovascular fitness through an individualized weight training program. Emphasizes self-management and adherence strategies.