

PHYSICAL EDUCATION

PHYSICAL FITNESS TEST

A student may be exempt from any two years of physical education courses during grades 10-12 provided that the student has satisfactorily met any five of the six standards of the state's FITNESSGRAM physical fitness test in grade 9. (Education Code 51241).

Students who pass the FITNESSGRAM and successfully complete PE I are eligible to enroll in Fitness for Life, Yoga, or Weight Training for their second year of PE.

PHYSICAL FITNESS TEST DESCRIPTION

All 9th grade students are required by state mandate to take the California Physical Fitness Test, a criterion-referenced test, which measures the student's progress toward achieving the Healthy Fitness Zone in the five components of health-related fitness: cardio respiratory endurance; muscular strength; muscular endurance; flexibility; and body composition. Beginning with the ninth grade class of 2007-2008, legislation required students to continue to take Physical Education every year if they do not meet the passing criteria of 5 out of 6 Healthy Fitness Zones. Students who pass the state mandated fitness test in 9th grade must take the second of the two year requirement any time during grades 10-12. Students who do not meet the State Standards in 5 of the 6 Healthy Fitness Zones on the 9th grade test will be required to continue taking a physical education course each year until they pass 5 of the 6 tests.

54900 PE I

Non UC/CSU approved course. Graduation credit only. Required for all 9th graders to meet State P.E. requirement.

Grade: 9 Credits: 10 (Year-long course)

Prerequisite: none

PE I is a one-year core program required for all 9th graders. Students will be exposed to a variety of activities with a large emphasis on fitness. Periodic fitness tests that monitor each student's strength, flexibility and cardiovascular fitness levels will be incorporated into the program throughout the year. This is a required class for graduation.

54905 PE II

Non UC/CSU approved course. Graduation credit only. Meets second year of P.E. requirement.

Grades: 10 - 12 Credits: 10 (Year-long course)

PE II is designed to further enhance the fitness skills learned in PE I and promote the development of a fit, healthy lifestyle. The focus of the class will address the five components of fitness, cardiovascular endurance, muscular strength, muscular endurance, flexibility, and body composition. Class may be taken as the PE II requirement or as an elective.

54915 Fitness for Life

Non UC/CSU approved course. Graduation credit only. Meets additional P.E. requirement but not for 9th grade.

Grades: 10 - 12 Credits: 10 (Year-long course)

Prerequisite: Sophomores must have passed the FITNESSGRAM Physical Fitness Test

Fitness for Life Lifestyle provides students a personal fitness and health improvement program to develop a well-balanced healthy lifestyle. Regular physical activity is a vital part of any good health program. Exercise helps burn excess calories, lowers blood sugar levels and blood pressure, strengthens the bones, muscles, and heart, and builds energy levels. Knowledge of proper nutrition contributes to a healthy lifestyle. Together exercise and good nutrition builds self-confidence and promotes positive self-esteem. Students will learn training principles and how these principles impact a healthy lifestyle to advance their personal fitness plan.

54920 Fitness Yoga

Non UC/CSU approved course. Graduation credit only. Meets additional P.E. requirement but not for 9th grade.

Grades: 10-12 Credits: 10 (Year-long course)

Prerequisite: Sophomores must have passed the FITNESSGRAM Physical Fitness Test

Yoga and Fitness for Life provides students an enormous benefit for pursuing a lifetime fitness regime. Yoga exercises, meditation, and postures improve balance, strength, and overall flexibility, and tones and strengthen the body uniformly. Yoga posture and exercises focuses on all of the joints of body, including leading to increased core strength which helps prevents disease by maintaining organ health. Yoga stretches stimulates muscles and organs to increase blood flow to all of parts of the body, which helps to flush out the toxins that can accumulate in body tissues. Yoga exercise, postures, and meditation increases students powers of mental concentration and can significantly reduce levels of stress and anxiety.

54930 Fitness Weight Training

Non UC/CSU Approved Course. Graduation credit only. Meets additional P.E. requirement but not for 9th grade.

Grades: 9-12 Credits: 10 (Year-long course)

Prerequisite: Sophomores must have passed the FITNESSGRAM Physical Fitness Test

Weight Training and Fitness for Life provides students the knowledge and competency in motor skills, movement patterns, and strategies needed to achieve a level of physical fitness for health and performance while demonstrating knowledge of fitness concepts, principles, and strategies. Students will learn how the perception of effort and quality of personal assessment plays in achieving fitness goals. Personal goals to improve both performance in weight training and fitness will allow students to set a personal physical fitness program using the principles of strength training and conditioning, healthy nutrition, and using equipment properly and safely.

54940 Fitness for Athletes

Non UC/CSU Approved Course. Graduation credit only. Meets additional P.E. requirement but not for 9th grade.

Grades: 10-12 Credits: 10 (Year-long course)

Prerequisite: Sophomores must have passed the FITNESSGRAM Physical Fitness Test

The Fitness for Athletes program will have a direct and positive influence on student's success at NMCUSD in physical education and athletic activities. This course is designed to provide the student athlete with additional fitness gains such as strength, endurance, flexibility, body composition, agility and cardio respiratory endurance. All students participating in this course must be a student athlete in good standing (CCS Eligible). All students must be pre-approved for this course by the Athletic Director or Administration. This course is only offered to 10th-12th grade students.

54960 Health

Non UC/CSU approved course. Graduation credit only.

Grades: 9 -12 Credits: 5 (one semester)- All 9th grade students required to take one semester in conjunction with the 21st Century Skills course.

Prerequisite: None

The course is one that deals with such matters as self-esteem, drugs, nutrition and exercise, physical health, and sex, which may be useful, interesting and often controversial. The course also deals with such matters as stress management, suicide prevention, first aid, CPR, decision-making, and analysis.

54965 Introduction to Kinesiology

Non UC/CSU Approved Course. Graduation credit only. Meets additional P.E. requirement but not for 9th grade.

Grades: 11-12 Credits: 10 (Year-long course)

Prerequisite: Sophomores must have passed the FITNESSGRAM Physical Fitness Test

This course is designed to include the concepts of physical education, physical fitness, anatomy, physiology, biomechanics. It covers the many areas of the body and how the body works while under sport situations. It will give students the opportunity to learn through a comprehensive, sequentially planned Kinesiology and Physical Education program in accordance with the California Model Content Standards for Physical Education, and also focus on critical thinking and communication skills, along with practical skills used in the field of teaching and athletic training. Students will be empowered to make choices, meet challenges and develop positive behaviors in fitness, wellness, and movement activity for a lifetime. Multiple laboratory activities are included to further aid in the learning process. This course will prepare students who are interested in a Kinesiology and/or Health Science related career after high school.