BODY CONDITIONING

Requirement area: PE or Elective
Course code: PBC200/201
Grade Level: 9, 10, 11, 12
Prerequisite: Introduction to Fitness (9th & 10th grade students)
Length: 1 semester (0.5 credit), repeatable as enrollment permits
Homework: 0-30 minutes per week
Fee: $5

Description: The focus of this class is for students to develop basic weight-lifting techniques as well as an emphasis on improving and understanding the components of physical fitness. At the end of the semester students will be able to create their own workout program in any weight room. Developing life-long fitness is a main focus.