BODY CONDITIONING FOR FEMALES

Requirement area: PE or Elective
Course code: PBC202
Grade Level: 9, 10, 11, 12
Prerequisite: Introduction to Fitness (9th and 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 females 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.