

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.