

CORE FITNESS

Requirement area: **PE or Elective**

Course code: PCF200/PCF202

Grade Level: 9, 10, 11, 12

Prerequisite: Successful completion of Intro to Fitness

Length: 1 semester (0.5 credit)

Homework: 0-30 minutes per week

Fee: \$5

Description: The focus of this class is to provide students with instruction in designing a life-long fitness program with an emphasis on core strength (abs and lower back), strength and resistance training and cardiovascular fitness. Through a variety of methods such as Pilates, Yoga, flexibility, balance, cross training, physio balls and cardio conditioning, students will develop a personal program.