

# HEALTH AND FITNESS

## Health and Fitness for Life 100

Freshman PE

1 semester .5 credit

Prerequisite

PE Uniforms: All students are expected to purchase a WVHS PE uniform consisting of a T-shirt and shorts. Cost is \$15. The uniform is the same as used for all HS Classes.

Fees and Costs

None

Course Overview

This class is designed to give each participant a complete total body workout. You will experience many different types of cardiovascular fitness, flexibility, and challenge your muscles with muscle endurance and strength. You will also gain knowledge about health related topics such as eating disorders, diseases, drugs, alcohol, human sexuality, STD's, etc. This class is 60% health information and 40% fitness information. After taking this class, you will walk away with the ability to keep your body healthy and fit for the rest of your life.

## Team Sports 101 & 102

1 semester .5 credit

Prerequisite

PE Uniforms: All students are expected to purchase a WVHS PE uniform consisting of a T-shirt and shorts. Cost is \$15. The uniform is the same as used for all HS Classes.

Fees and Costs

None

Course Overview

Team sports are a combination of court and field sports that were offered during the 8<sup>th</sup> grade year. Any of the following three week team activities can be included in the class (volleyball, football, soccer, softball, basketball, pickle ball, badminton, tennis, and floor hockey). The team activities will be determined by teacher expertise, student interest and weather conditions. This course can be taken more than once during the school year.

## Maximum Training 099

Freshman PE

1 semester .5 credit

Prerequisite

PE Uniforms: All students are expected to purchase a WVHS PE uniform consisting of a T-shirt and shorts. Cost is \$15. The uniform is the same as used for all HS Classes.

Fees and Costs

None

Course Overview

This course is a weight lifting and ply-metric program for students. Students will be involved in weight

training and will learn how to prevent injuries as well as explore innovative workouts/techniques. This course can be taken more than once during the school year.

## Aerobics and Cross Training 099

Freshman PE

1 semester .5 credit

Prerequisite

PE Uniforms: All students are expected to purchase a WVHS PE uniform consisting of a T-shirt and shorts. Cost is \$15. The uniform is the same as used for all HS Classes.

Fees and Costs

None

Course Overview

This is a non-competitive class that promotes a variety of physical fitness training techniques. The course will emphasize a daily aerobic workout, targeting heart rate zones. Tae-bo, jogging, speed walking, yoga, Pilates, dance and use of weight training in the Fitness Center are some of the training techniques that will be taught throughout the semester. This course can be taken more than once during the school year.

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## Weights 101 and 102

1 semester .5 credit

NOTE: This course satisfies .5 Health and Fitness or \*.5 Elective credit

Prerequisite

None

Fees and Costs

None

Course Overview

This course is for any student who wishes to improve their strength, speed, agility, quickness, and overall fitness level through a variety of activities which include: free weight Olympic lifts, dumbbell and machine exercises, low level plyometrics (jump training), form running, and low organized games.

This course will introduce students to proper lifting techniques, lifting terminology, weight room safety, and nutrition. This course is required as a prerequisite for Advanced Strength Training 101.

\* This course may be taken as Pass/Fail for those students who have already met their Health and Fitness graduation requirement.

## Female Athletic Training

1 semester .5 Credit

Prerequisites:

Be a WVHS female athlete (in or out of season) or instructor approval

Fees and Cost:

\$15 for required PE uniform

Course Overview:

This class is designed specifically for female athletes. Students will be involved in a functional strength and conditioning program, designed to increase overall athletic performance and decrease the risk of injury. Students will work to develop flexibility, strength, balance, agility, coordination, and core stability. Athletes will be trained in movements specific to sports. Sports nutrition as it is related to athletic performance will also be a focus in this class. This is an outstanding opportunity for lady athletes to stay in peak condition.

*If you're a female athlete wanting to take your game to the next level, then this is the class for you!*

## Special Olympics Tutor 101 and 102

Adaptive PE

1 semester .5 credit

Prerequisite

Individual Education Program or Counselor Approval

This course also accepts Unified Partners (Peer Tutors)

Fees and Costs

Volunteers must provide their own transportation (i.e. to Bowling Alley, Swimming Pool, etc.).

Course Overview

This course focuses on preparing our Special Olympics Athletes for competition in a variety of sports while also keeping them physically active. The Athletes have the opportunity to go with the team and compete in sports (i.e. Bowling, Basketball, and Swimming) at competitions from Spokane to Seattle.

## Total Body Fitness 101 and 102

1 semester .5 credit

Prerequisite:

None

Fees and Costs:

\$15 for required PE uniform

Course Overview:

This class is filled with a variety of high energy workouts to help achieve health and fitness goals. This class is designed to be fun and challenging, giving students many fitness options to draw from after leaving this class. Students will learn specific health topics that will improve their overall wellness and life. Each day is something new to keep the class fun and energetic. Activities will include, but are not limited to:

1. Step Aerobics
2. Kickboxing
3. Yoga
4. Pilates
5. Spinning
6. Circuit Training
7. Walking
8. Zumba
9. Weight Lifting

## Walking for Fitness 101 and 102

1 semester .5 credit

Prerequisite:

None

#### Fees and Costs:

\$15 for required PE uniform

#### Course Overview

This course is designed for the student who wants to improve their overall fitness level through low impact walking.

#### Student Learning Objectives

As a result of required instruction the student will be able to:

1. Develop an appreciation of physical activities for leisure time and pursuit.
2. Understand the importance of being fit and in a physical fitness program.
3. Gain knowledge about the health and fitness benefits that walking provides.

## Walking and Yoga 101 and 102

1 semester .5 credit

#### Prerequisite:

None

#### Fees and Costs:

\$15 for required PE uniform

#### Course Overview

This course is designed for the student who wants to improve their overall fitness level through low impact exercise. This physical education program consists of a combination of walking and yoga. We will walk on the outdoor track, indoor track, or outside. Yoga will be done inside or outside as weather permits.

#### Student Learning Objectives

As a result of required instruction the student will be able to:

1. Develop an appreciation of physical activities for leisure time and pursuit.
2. Understand the importance of being fit and in a physical fitness program.
3. Gain knowledge about the health and fitness benefits that walking provides.