

## **Physical Education, Prep**

### **Course Description**

This course is designed to enhance the student's knowledge and capabilities in the area of physical education through cardiovascular, strength and flexibility training. Games and activities are used to demonstrate their knowledge and capabilities.

### **Course Goals**

- To develop an understanding of the concepts of cardiovascular endurance, muscle strength and joint flexibility
- To improve or maintain endurance, strength and flexibility
- To develop a personal understanding of students' individual needs in endurance, strength and flexibility
- To build knowledge of rules, techniques and skills in various games and activities

### **Course Objectives**

- To develop an understanding of cardiovascular endurance and how it is related to pulse rate
- To examine personal flexibility and compare to average flexibility
- To understand the need to "warm up" and safety requirements in various sports and activities
- To improve knowledge and skill in the lead-up activities for the sports of soccer, baseball/softball, floor hockey, basketball, tumbling, weight training and ping pong
- To develop an appreciation for difficulties of various sports and activities
- To apply sportsmanship and Christian behavior in sports activities