

## PHYSICAL EDUCATION

The Physical Education Department offers a general course that meets the State and district graduation requirement for physical education. This course is required for all 9th and 10th grade students.

Note: For 10th grade students this requirement may be met by taking a specialized elective course if approved by the instructor.

Students in grades 10, 11 and 12 may select specialized courses listed under the physical education electives. Courses may be repeated for credit.

Course Title: <b><u>PHYSICAL EDUCATION (PHYSICAL ED)</u></b>	Course No.: 2682
Credit: 5 (May be repeated)	CSIS No: 2500
Meets District Graduation Requirement: Physical Education Requirement	Grade Level: 9 - 10
	Fulfills UC/CSU Requirements: No

This course is designed to be part of a continuous process to meet the following goals of physical education: physical activity; physical fitness; movement skills and knowledge; social development and interaction; self-image and self-realization and individual excellence.

### **PHYSICAL EDUCATION ELECTIVES:**

Course Title: <b><u>ADAPTIVE PHYSICAL EDUCATION (ADAP PE)</u></b>	Course No.: 2502
Prerequisite: Approval of instructor	CSIS No: 3104
Credit: 5 (May be repeated)	Grade Level: 9 -12
Meets District Graduation Requirement: Physical Education	Fulfills UC/CSU Requirements: No

Course Title: <b><u>BASKETBALL (BASKETBALL)</u></b>	Course No.: 2530 (SDA, LCC)
Prerequisite: none	CSIS No: 2502
Credit: 5	Grade Level: 10-12
Meets District Graduation Requirement: Physical Education	Fulfills UC/CSU: No

This course is designed to develop and understand the sport of basketball. The class provides the rules, strategies and basic fundamentals and physical awareness in the sport.

Course Title: <b><u>DANCE</u></b>	Course No: 2523
Prerequisite: None	CSIS No: 2501
Credit: 5 (May be repeated.)	Grade Level: 9-12
Meets District Graduation Requirement: Physical Education	Fulfills UC/CSU Requirements: No

This class is designed to provide a strong physical conditioning program and at the same time offer ample opportunity to express and develop individual creativity through participation in dance combination and choreography.

Course Title: <b><u>DANCE CHOREOGRAPHY AND PERFORMANCE</u></b>	Course No.: 1002
Prerequisite: Dance experience or approval of instructor	CSIS No: 2352
Credit: 10	Grade Level: 10-12
Meets District Graduation Requirement: Physical Education/VPA for VPA	Fulfills UC/CSU Requirements: Yes,

Through this course, students explore, understand, create, evaluate, and criticize dance as an art form. In historical and cultural contexts, students develop skills that include kinesthetic awareness, theories of choreography, dance technique, and multisensory integration. Using the dance elements of time, space, and energy, they create and communicate meaning through dance improvisation, composition, and performance. Students analyze, compare and contrast their work, evaluate their work, and critique their development as an artist.

*Course title in parentheses indicates how it will appear on the transcript.  
Not all courses are available at all sites each semester/year.*

Course Title: **INTERMEDIATE DANCE (INT DANCE P)**  
Prerequisite: Beginning Dance with grade of "A" and approval of instructor  
Credit: 10  
Meets District Graduation Requirement: Visual/Performing Art

Course No.: 3602 (LCC)  
CSIS No:  
Grade Level: 9 - 12  
Fulfills UC/CSU Requirements:  
approval pending

This course targets the student who has mastered beginning level dance skills and is motivated to advance to a higher level of technique and expression. Designed to refine students' dance skills through participation in dance combinations, improvisation, and choreography, students will review fundamental skills while being introduced to increasingly complex and demanding movement. Students will study several styles including modern, jazz, American Street Dance (hip-hop/funk/breakdance), and various cultural dances. Students will study these styles in their historical and cultural contexts. Students will be introduced to theories of choreography and the production process, with an emphasis given to fostering appreciation for the creative process. Students will have the opportunity to participate in the school's dance recitals.

Course Title: **DANCE/AEROBICS (AEROBICS)**  
Prerequisite: None  
Credit: 5  
Meets District Graduation Requirement: Physical Education  
Step aerobics, cardio kickboxing, weights and sit-ups will be a large part of the daily activities of this course. Students will learn about muscle groups and the exercises that apply to those groups of muscles.

Course No.: 2525  
CSIS No: 2501  
Grade Level: 10-12  
Fulfills UC/CSU Requirements: No

Course Title: **GYMNASTICS (GYMNASTICS)**  
Prerequisite: Approval of instructor  
Credit: 5  
Meets District Graduation Requirement: Physical Education  
This course is designed to give students a comprehensive study of advanced and optional skills used in the areas of floor exercise, beam, bars, vaulting, and dance.

Course No.: 2604  
CSIS No: 2598  
Grade Level: 10-12  
Fulfills UC/CSU Requirements: No

Course Title: **RACQUETBALL (RACQUETBALL)**  
Prerequisite: Personal transportation  
Credit: 5 (May be repeated)  
Meets District Graduation Requirement: Physical Education

Course No.: 2684 (TPHS)  
CSIS No: 2500  
Grade Level: 10-12  
Fulfills UC/CSU Requirements: No

This course is designed to develop and understand the sport of racquetball. This class provides the rules, strategies, basic fundamentals, physical awareness, and court awareness for participation in the sport.

Course Title: **SKATEBOARD (SKATEBOARD)**  
Prerequisite: Student must provide own transportation  
Credit: 5 (May be repeated)  
Meets District Graduation Requirement: Physical Education

Course No.: 6096 (SDA)  
CSIS No: 2598  
Grade Level: 10-12  
Fulfills UC/CSU Requirements: No

The Academy is able to offer Skateboard through a partnership with the Magdalena Ecke Y.M.C.A. The park offers beginning to expert runs in both street course and vertical bowl skating. Student must provide transportation.

Course Title: **SURF LIFESAVING (SURF LFSVG)**  
Prerequisite: This course requires parental consent, passing a 500 yard swim test, 10 minute tread water test, and ½ mile paddle test, plus successful completion of previous semester's P. E. course. Student must furnish surfboard, wet suit, provide own transportation, and sign a liability waiver.  
Credit: 5 (May be repeated)  
Meets District Graduation Requirement: Physical Education

Course No.: 9319 (SDA, LCC)  
CSIS No: 2548  
Grade Level: 10 - 12  
Fulfills UC/CSU Requirements: No

This course teaches basic lifesaving techniques and water safety.

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Course Title: **SURF P.E. (SURF PE)**  
Prerequisite: Surf Lifesaving (Course 9319), parental consent, or pass basic water safety test and/approval of instructor.  
Credit: 5  
Meets District Graduation Requirement: Physical Education

Course No.: 2696  
CSIS No: 2500  
Grade Level: 10 - 12  
Fulfills UC/CSU Requirements: No

This course is for advanced surfers.

Course Title: **TEAM SPORTS (TEAM SPORTS)**  
Prerequisite: Approval of instructor  
Credit: 5 (May be repeated)  
Meets District Graduation Requirement: Physical Education

Course No.: 2698  
CSIS No: 2500  
Grade Level: 10 - 12  
Fulfills UC/CSU Requirements: No

This course develops skills in the following sports: Baseball (Course No. 3954); Boys Basketball (Course No. 0612) (BASKETBALL-V); Field Hockey (Course No. 2537); Football (Course No. 2572); Girls Basketball (Course No. 7423) (BASKETBALL-G); Pep Squad (Course No. 2697); Soccer (Course No. 8796); Softball (Course No. 2690); Wrestling (Course No. 2778); JV Football (Course No. 9767); Volleyball Team (Course No. 7433).

Emphasis is placed on individual optimum performance.

Course Title: **TENNIS (TENNIS)**  
Prerequisite: None  
Credit: 5 (May be repeated)  
Meets District Graduation Requirement: Physical Education

Course No.: 2730 (LCC, TPHS)  
CSIS No: 2502  
Grade Level: 10-12  
Fulfills UC/CSU Requirements: No

This course is designed to develop and understand the sport of Tennis. The class provides the rules, strategies, and basic fundamentals, physical awareness and court awareness for participation in the sport.

Course Title: **VOLLEYBALL (VOLLEYBALL)**  
Prerequisite: None  
Credit: 5 (May be repeated)  
Meets District Graduation Requirement: Physical Education

Course No.: 2760  
CSIS No: 2502  
Grade Level: 10-12  
Fulfills UC/CSU Requirements: No

Course Title: **WEIGHT CONDITIONING (WT/COND)**  
Prerequisite: Approval of instructor  
Credit: 5 (May be repeated)  
Meets District Graduation Requirement: Physical Education

Course No.: 2784  
CSIS No: 2500  
Grade Level: 10 - 12  
Fulfills UC/CSU Requirements: No

Course Title: **WEIGHT TRAINING (WEIGHT TRNG)**  
Prerequisite: None  
Credit: 5 (May be repeated)  
Meets District Graduation Requirement: Physical Education

Course No.: 2772 (SDA/TPHS)  
CSIS No: 2500  
Grade Level: 10 - 12  
Fulfills UC/CSU Requirements: No

This course is designed to instruct the basic fundamentals and techniques of universal gym and free bar weight lifting.

Course Title: **SPORTS MEDICINE (ROP)**  
Prerequisite: 16 years of age  
Credit: 5  
Meets District Graduation Requirement: Practical Arts

Course No: 7249  
CSIS No: 2598  
Grade Level: 10-12  
Fulfills UC/CSU Requirements: No

This course is designed as an introduction to the basic principles of prevention, recognition, evaluation and management of athletic injuries. This course will focus on anatomy and physiology of muscle groups and skeletal system, vital signs, patient care and management, CPR, and safety factors related to sports medicine, and sports medicine procedures.

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## PILOT COURSES

Course Title: **FYI**

Prerequisite: None

Credit: 5

Meets District Graduation Requirement: Elective

Course No.:

CSIS No:

Grade Level: 9-12

Fulfills UC/CSU Requirements: No

This course is designed to prepare seniors for life after high school concerning rights and responsibilities. It will also provide the most current and up-to-date health information. The National Endowment for Financial Education curriculum and workbook will be used.

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Course Title: **FITNESS WALKING**

Prerequisite: None

Credit: 5

Meets District Graduation Requirement: Elective

Course No.:

CSIS No:

Grade Level: 10-12

Fulfills UC/CSU Requirements: No

This course is designed to promote fitness for students (cardiovascular, body fat maintenance, conditioning) by walking, speed walking and running.

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