



**COURSE DESCRIPTIONS
PHYSICAL EDUCATION**

Required Units as indicated under the Graduation Requirements section, students must pass 20 credits of PE in order to graduate.

Department Grading Policy A student's P.E. grade is based on active participation, cooperation, sportsmanship, knowledge of rules and competence in each activity.

CO-ED PE Required for Freshmen All ninth graders (including those on an athletic team) are required to be enrolled in Course I.

Medical Excuses: Long-term medical excuses are accepted only when the Guidance Office receives a doctor's note.

Dress: TOP – Aztec P.E. shirt available from P.E. office - \$7.00
BOTTOM – Black shorts available from P.E. Office - \$11.00
SWEATS – Plain black or Aztec sweats - \$15.00

PHYSICAL FITNESS TEST – State-mandated physical fitness testing is administered each year in March and April. Students must enroll in a P.E. class until the physical fitness test is passed.

Physical Education

Course I PE16 Grade 9 Year
Provides daily exercise, promotes strength, flexibility and endurance. Dual sports, dance/rhythms, aquatics, and fitness activities are covered in Course I. Course I provides the first opportunity for students to pass the high school Physical Fitness test.

Course II PE42 Grade 10 Year
Provides daily exercise, promotes strength, flexibility and endurance. Team activities, gymnastics/tumbling, combatives, and fitness activities are covered in Course II.

Weight Training/Conditioning PE21 Grades 11-12 Year
Prerequisite: Completion of Course I and Course II.
Includes weight training and other P.E. activities. This section is for the regular P.E. student.

Aerobics PE20 Grades 11-12 Year
Prerequisite: Completion of Course I & II
Activities include high and low impact aerobics, step aerobics, floor work and other conditioning activities.

Boy's Athletics PE26 Grades 11-12 Year
Girl's Athletics
Prerequisite: For Athletes only. Instructor permission required.

Sports P.E
Students participating in (one) of the following sports and successfully completing the season received 2.5 units of elective PE credit per sport. This (counts as) elective Physical Education credit may be used in the 11th and 12th grade year, providing the Physical Fitness test has been passed and Course I & II have been completed.

Fall

Winter

Spring



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Cross Country, Boys
Cross Country, Girls
Football
Golf, Girls
Tennis, Girls
Volleyball, Girls

Basketball, Boys
Basketball, Girls
Soccer, Boys
Soccer, Girls
Wrestling

Badminton
Baseball
Softball
Golf
Tennis, Boys
Track, Boys
Track, Girls