

## PHYSICAL EDUCATION DEPARTMENT

“Success is the result of perfection, hard work, learning from failure, loyalty, and persistence.”

Colin Powell

### PERSONAL FITNESS & WELLNESS I

PE 910                                      Semester                                      1/2 credit                                      Q.P. 4

This introductory course is designed to promote physical fitness, health/wellness and an active lifestyle. The overall objective of this course is for each student to achieve an appreciation of physical fitness and wellness while developing lifelong skills. Students will participate in a wide range of activities including soccer, team handball, volleyball, basketball, and general physical conditioning. Some classroom sessions will be conducted that focus on the development of good health and nutrition habits.

PREREQUISITE: None

### PERSONAL FITNESS & WELLNESS II

PE 901                                      Semester                                      1/2 credit                                      Q.P. 4

This course is designed to compliment and follow with the concepts and objectives promoted in Physical Education 910. The course will continue to focus on the development of a healthy lifestyle and lifetime skill acquisition. Primary areas of concentration will include improving personal fitness, speed and agility training, personal safety, and basic first aid and emergency issues.

PREREQUISITE: Personal Fitness & Wellness I

### PHYSICAL EDUCATION AIDE

PE 920                                      Semester                                      Non-credit

Juniors and seniors who have fulfilled all other necessary course requirements may request from the Director of Athletics and the Director of Guidance to serve as a Physical Education Aide. This non-credit course will assist both the Physical Education and Athletic Departments with a wide variety of activities including pre-game preparations, equipment distribution, and general office duties.

PREREQUISITES: Completion of Personal Fitness & Wellness II, Junior or Senior, and departmental approval