

# Canyon Crest Academy: Personal Fitness

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| Level of Difficulty   | Estimated Homework | Prerequisites  |
|---|--------------------|--|
| <input checked="" type="checkbox"/> Moderate<br><input type="checkbox"/> Difficult<br><input type="checkbox"/> Very Difficult | 0-30 minutes       | <b><u>District</u></b><br>Health through Year One PE or Intro Dance.<br><br><b><u>Department</u></b><br>Health through Year One PE or Intro Dance. |

## **Course Description**

This physical education course is designed for those who want to experience a total body workout. It will include cardiovascular endurance, muscular strength and endurance, and balance and flexibility workouts. Examples of these workouts are running, weight training, spinning, and core yoga. Outdoor sports will also be included. Grading is based on the ability of each individual. Students are expected to work at their own healthy zone paces and encouraged to challenge themselves both mentally and physically.

## **Grading**

Grading based on participation and attendance.

## **Syllabus Link**

n/a

## **Supplemental Information**

10 credits

Meets high school graduation requirement for physical education or elective requirement

Does NOT include health curriculum

Repeatable for up to 80 credits