



Loch Raven High School PE and Health

Course	Description
<p>Fitness Foundation (9th Grade)</p> 	<p>The high school physical education course, Fitness Foundations/Fitness Mastery, focuses on the planning and implementation of lifetime physical activity goals. Students extend and apply skills from previous years, demonstrate competency in lifetime activities, and develop a personal fitness plan. Students are encouraged to participate in courses in the elective program to maintain and enhance their personal fitness levels while enjoying lifelong activities. Ultimately, BCPS students will appreciate the importance of personal fitness and pursue a lifestyle of optimal health and wellness.</p>
<p>Weight Training <i>Prerequisite: Fitness Foundation</i></p> 	<p>Weight Training applies the use of movement concepts, principles (ex. Force, Motion, Rotation), to analyze & improve performance of self in a selected skill. Weight Training demonstrates appropriate technique in resistance-training machines & free weights. Weight Training identifies the structure of skeletal muscle & fiber types as they relate to muscle development.</p>
<p>Team Sports <i>Prerequisite: Fitness Foundation</i></p> 	<p>Say hello to all of your favorite activities from Fitness Foundations only increase the intensity and the competition. Starting with full Flag Football seasons to Basketball and Volleyball bracket style tournaments in addition to other classic activities like Badminton, Handball, Speedball, Ultimate Frisbee, Capture the Flag and so many more, Team Elective provides you with an opportunity every class to compete with old and new friends in a fun and safe environment. Available in both small (semester) and large (full year) sizes!</p>
<p>Health (12th Grade)</p> 	<p><u>MISSION</u>-To provide effective education designed to motivate and assist all students to maintain and/or improve their health and safety and reduce injury and disease-related risks. <u>GOAL</u>-The delivery of a planned, sequential K-12 instructional program based on sound research that includes a strong performance base of skills and abilities within the content of current and future health and safety issues.</p>