

PHYSICAL EDUCATION 9-10 (1/4 CREDIT PER SEMESTER)

Prerequisite: None

The ultimate goal of physical education is to develop physically fit students who demonstrate effective communication and sound decision making skills. Over time, these students will take what they get from MHS physical education and become physically active adults who pursue fit lifestyles.

Freshmen/sophomore physical education's primary focus is on cardiovascular endurance. Students will leave this course understanding that cardiovascular endurance is the most important component of health related fitness. Freshmen/sophomore physical education emphasizes aerobic exercise and fitness activities that lead to improved cardiovascular endurance. Students learn the concepts of frequency, intensity, and time and how they relate to cardiovascular fitness. Students learn that when they do an aerobic activity that gets their heart beating in their training zone for twenty minutes or more at least three times per week, their level of cardiovascular fitness will improve. Freshmen/sophomore physical education also incorporates a variety of team sports, individual sports, and recrea-

tional games/activities to keep students active. While the core focus of physical education is physical well-being, freshmen/sophomore physical education reinforces the fact that physical activity promotes mental, social, and emotional well-being.