### Physical Education Courses

<table>
<thead>
<tr>
<th>Course No.</th>
<th>Course Title</th>
<th>Grade Level(s)</th>
<th>Course length (in semester)</th>
<th>Pre Req. Required/Res.</th>
<th>NCAA Approved</th>
<th>Weighted Grade Option</th>
<th>College Credit Option</th>
<th>Associated Cost</th>
<th>Entry level</th>
<th>Credit Type</th>
<th>Meets Technology Req.</th>
</tr>
</thead>
<tbody>
<tr>
<td>30825 (A), 30826 (B)</td>
<td>Athletic Training</td>
<td>● ● ●</td>
<td>2</td>
<td>x</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Elective</td>
<td></td>
</tr>
<tr>
<td>30808</td>
<td>Body Toning / Fitness</td>
<td>● ● ●</td>
<td>1</td>
<td></td>
<td>x</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Physical Ed.</td>
<td></td>
</tr>
<tr>
<td>30802</td>
<td>Health</td>
<td>●</td>
<td>1</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Health</td>
<td></td>
</tr>
<tr>
<td>30821</td>
<td>Team / Recreational Sports</td>
<td>● ● ●</td>
<td>1</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Physical Ed.</td>
<td></td>
</tr>
<tr>
<td>30820</td>
<td>Individual / Dual Sports</td>
<td>● ● ●</td>
<td>1</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Physical Ed.</td>
<td></td>
</tr>
<tr>
<td>30814 (S1), 30815 (S2)</td>
<td>Ranger Power Training</td>
<td>● ● ●</td>
<td>1</td>
<td>x</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Physical Ed.</td>
<td></td>
</tr>
<tr>
<td>30809</td>
<td>Self-Defense / Fitness</td>
<td>● ● ●</td>
<td>1</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Physical Ed.</td>
<td></td>
</tr>
<tr>
<td>30803 (S1), 30804 (S2)</td>
<td>Strength Training and Conditioning 1</td>
<td>● ● ●</td>
<td>1</td>
<td></td>
<td>x</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Physical Ed.</td>
<td></td>
</tr>
<tr>
<td>30812 (S1), 30813 (S2)</td>
<td>Strength Training and Conditioning 2</td>
<td>● ● ●</td>
<td>1</td>
<td>x</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Physical Ed.</td>
<td></td>
</tr>
<tr>
<td>30807</td>
<td>Walking / Aerobic Fitness</td>
<td>● ● ●</td>
<td>1</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Physical Ed.</td>
<td></td>
</tr>
<tr>
<td>30818</td>
<td>Yoga &amp; Pilates</td>
<td>● ● ●</td>
<td>1</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Physical Ed.</td>
<td></td>
</tr>
</tbody>
</table>

Students may not take more than one PE class per semester, with the exception of Health, which can be taken in the same semester as another PE course. Students must complete 1.5 credits from Physical Education and .5 credits of Health to meet the college-bound recommendations for general graduation requirements. Freshmen must enroll in Health and one physical education class of their choice.