Course Title: HIGH SCHOOL PHYSICAL EDUCATION D	**Course Description**
Course No. 4504 **Grade level**: 9-12 **Text and Resources**: N/A	**Course Value**: *One Semester **Credit Value**: 1 - 5
Course Content: Key Content Standards and Course Objectives	
The objectives are based on the following Grades 9-12 Physical Education Standards: 1. Students will understand the relationship between biomechanical principles and movement. 2. Students will be able to analyze the basic offensive and defensive strategies in games and sports. 3. Students will understand the physiological, psychological, and social benefits of a healthy, active lifestyle. 4. Students will assess and analyze their personal fitness. 5. Students will analyze and compare health and fitness benefits derived from various physical activities. 6. Students will demonstrate responsible personal behavior while participating in movement activities. 7. Students will understand the interrelationship between history and culture and games, sports, play and dance. 8. Students will achieve and maintain a health-enhancing level of physical fitness.	The focus of high school physical fitness is on the development of long-term habits that lead to a healthy and fit adult lifestyle. Students should learn to develop a personalized fitness program, analyze skills for effective movement, and select activities for the pursuit of individual excellence. Ultimately, students should be able to develop a personalized plan for lifetime fitness by assessing personal needs, interests, abilities, and opportunities in the area of fitness and by selecting activities that contribute to the achievement of personal fitness goals. *Open entry/open exit
Methods of Study	**Evaluation of Performance Standards**
1. Students will complete all activities assigned. 2. Students will participate in discussion with other class members and/or teacher.	1. Students will complete all assignments with a minimum of 70% accuracy. 2. The supervising teacher will be satisfied with the quality of the student's work. 3. The student must receive a minimum score of 70% on a teacher assigned final evaluation. 4. Letter grade contracts are optional and require a higher level of performance.