**ADVANCED PHYSICAL EDUCATION**

1 Trimester - 1/2 Credit

Advanced physical education is a semester class which stresses physical conditioning, fitness, and fundamentals and techniques in interscholastic sports. This class will consist of a selection of the following units: Strength training through weight lifting, cardiovascular endurance (including swimming), skill/technique work, and games. To be admitted a student must have one credit in physical education, must have a B average in other physical education classes and be recommended by the teacher.

1. GOALS
   1. To familiarize students with the basic concepts of physical conditioning and fitness in interscholastic sports.
   2. To familiarize students with the basic concepts of certain interscholastic sports at Mason High School.
   3. To enable students to develop knowledge in lifelong fitness training.
   4. To enable students to develop knowledge in skill and techniques to improve their overall ability in interscholastic sports.
   5. To provide the opportunity to improve students overall strength, endurance, and quickness.
2. UNITS OF STUDY
   1. Weight lifting
   2. Cardiovascular endurance
   3. Skill and technique work
   4. Games
3. ESSENTIAL INFORMATION AND EXPECTATIONS
   1. Necessary materials
      1. Workout clothes and shoes
      2. Bathing suit
      3. Towel and shower essentials
   2. Grading
      1. Grade is based on participation, effort, and positive attitude.
      2. Grade is determined by percentage of total points earned.
      3. Each student can earn 10 points per day.
      4. A final exam will be required at the end of the trimester.
   3. Class rules
      1. Be on time. Students must be in the gym when the bell rings.
      2. Bring clothes and shoes to class daily. Sandals will not be allowed.
      3. Get to your workout area within five minutes after the bell rings.
      4. Be dressed and ready to participate in all activities every day unless you are excused by a physician or teacher.
      5. It is a privilege to be in this class!!! Students should approach the class with this attitude in mind.