**\*Course Description for Strength/Conditioning Class:**

Strength & Conditioning includes a wide variety of exercises, lifts, agilities, and techniques designed to maximize one’s overall total fitness, strength, and agility. Throughout this course, we will cover weightlifting, fitness and agility topics that will enhance our students understanding of the human body. The student will gain a better understanding of the human musculature and how to target specific area that will enable them to reach personal goals. Finally, this course will enable students to benefit from sport-specific movements and life-long activities allowing each student more functional strength.

**\*Course Description for Middle School PE Class:**

General PE includes a wide variety of sporting games, and the rules and skills to play them. Throughout this course, we will cover the history, rules, and skills of each team sport that will enhance students’ understanding of sports. Students will gain a better understanding of how to perform specific skills of each team sport and will apply these skills to scrimmages and games. Finally, this course will enable students to work as a team and learn from each other and rely on each other for success.

**\*Course Description for High School PE Class:**

General PE includes a wide variety of sporting games, and the rules and skills to play them. Throughout this course, we will cover the history, rules, and skills of each team sport that will enhance students’ understanding of sports. Students will gain a better understanding of how to perform specific skills of each team sport and will apply these skills to scrimmages and games. Finally, this course will enable students to work as a team and learn from each other and rely on each other for success.