

# Health and Physical Education 1

Students will participate in classroom instruction and in individual and team activities designed to develop knowledge, skills, and habits necessary to maintain personal fitness for a lifetime. Fifty percent of the course focuses on classroom instruction in fitness, nutrition, body systems, physical health, mental wellness/social emotional skills, First Aid, CPR and use of AED, violence prevention, community and environmental health, disease prevention and health promotion, substance abuse prevention, and family life education.

**Credits** 1

**Grades**

9, 10, 11, 12

**Course Designation**

Virtual Prince William (VPW)

**Schools**

Battlefield High School

Brentsville District High School

Colgan High School

Forest Park High School

Freedom High School

Gainesville High School

Gar-Field High School

Hylton High School

Independence Nontraditional

Osbourn Park High School

Patriot High School

Potomac High School

Unity Reed High School

Woodbridge High School

**Prerequisites**

None