

Physical Education Electives

Physical Education Electives Courses

AICE Physical Education

The AICE Physical Education course will allow our student learners to have both practical and theoretical experiences. The course will cover anatomy and physiology, movement skills, and contemporary studies in sports. Learners will be encouraged to try out a range of physical activities, including team and individual sports, games, and outdoor activities, and then use the theoretical knowledge they have gained to analyze the different factors influencing performance. The course also encourages learners to understand and explain global trends in Physical Education and Sports.

Credits 1

Grades

11, 12

Course Designation

Cambridge

Schools

Brentsville District High School

Prerequisites

None

Aquatic Fitness and Activities and Lifeguard Training

Students will demonstrate the skills and understanding necessary to earn the certification of Lifeguard. Students will also participate in a variety of aquatic activities and sports to include swimming for fitness, kayaking, glide fit board workouts, water aerobics, aqua jogging, and water polo. The lifeguard certification will provide job readiness and skills for students to enter the work force. The aquatic activities and sports will promote fitness opportunities for students and encourage lifetime wellness.

Credits 1

Grades

11, 12

Schools

Colgan High School

Prerequisites

None

Driver Education (In-Car)

In-Car Driver Education includes Behind-the-Wheel (BTW) instruction. The class is scheduled as an after school elective program providing the required 14 class periods needed to receive a Virginia Driver's License. Upon completion of the two phases of the course and submission of the 45-hour driving log the student will be issued a Provisional Driver's License. This Provisional Driver's License is valid only after the student reaches the age of 16 and 3 months and after they have held a Virginia learner's permit for 9 months. All students should complete all requirements for health and physical education before enrolling in the 10th grade Driver Education Program.

Credits 0

Grades

10, 11, 12

Schools

Brentsville District High School

Freedom High School

Requirements

Learner's Permit and enrollment in, or successful completion of, Classroom Driver Education.

Notes

It is recommended that students complete a minimum of 10 hours behind the wheel experience prior to taking In-Car Driver Education.

Driver Education (Summer)

Classroom Driver Education involves at least 30 hours of instruction to include essential knowledge and skills that address traffic safety needs and focus on safe driving attitudes, skill development, and appropriate responses to hazards. The driver education curriculum links visual search skills, space management, and balanced vehicle movement to risk-reducing driving strategies. Significant attention is given to risk awareness, driver alertness, and responsible actions relative to occupant protection devices, positive interactions with other roadway users, and the physical and psychological conditions affecting driver performance. Units about alcohol safety, drug abuse awareness, aggressive driving, distracted driving, motorcycle awareness, and organ and tissue donation awareness are included in the course.

Credits 1

Grades

10, 11, 12

Personal Fitness

Personal Fitness places emphasis on why exercise and fitness are important, what one's own fitness needs are, and how to attain and maintain personal fitness for a lifetime. Additional emphasis is placed on the five health-related components of fitness including cardiorespiratory fitness, muscular strength and endurance, flexibility, and body composition control. Individual student fitness levels are assessed. Instruction includes emphasis on health risk factors related to lifestyles and how nutrition affects wellness. The course may include classroom instruction as well as individual and team activity. This course may be taken more than once for credit.

Credits 1

Grades

11, 12

Schools

Brentsville District High School

Forest Park High School

Freedom High School

Gainesville High School

Gar-Field High School

Osborn Park High School

Patriot High School

Unity Reed High School

Woodbridge High School

Prerequisites

[Health and Physical Education 1](#)

[Health, Physical Education, and Classroom Driver Education 2](#)

Physical Education Assistant

This course offers opportunities for further positive learning experiences for the student who is interested in pursuing a career in Health and Physical Education. Emphasis is placed on assisting in the instructional program. This course may be taken more than once for credit.

Credits 0.5

Grades

11, 12

Schools

Gar-Field High School

Patriot High School

Requirements

Approval of the department chairperson and the supervising teacher.

Prerequisites

[Health and Physical Education 1](#)

Principles of Weight Training and Conditioning

This Physical Education section places emphasis on the principles of weight training and conditioning. The student will understand how and why weight training and conditioning benefits the student's ability to build muscle, strengthen core muscles, prevent injuries, and perform athletically. The student will learn to assess one's own fitness needs and how to attain and maintain personal fitness for a lifetime. Additional emphasis is placed on the five health-related components of fitness including cardiorespiratory fitness, muscular strength and endurance, flexibility, and body composition control. Individual student fitness levels will be assessed, and the students will formulate personal goals and develop individual fitness programs. Instruction includes emphasis on health risk factors related to lifestyles and how nutrition affects wellness. **This course may be taken more than once for credit.**

Credits 1

Grades

11, 12

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

Osborn Park High School

Patriot High School

Potomac High School

Unity Reed High School

Woodbridge High School

Prerequisites

[Health and Physical Education 1](#)

[Health, Physical Education, and Classroom Driver Education 2](#)

Unified Physical Education Recreational Activities

Unified Physical Education Recreational Activities places emphasis on the opportunity for students of all abilities to participate together through ongoing educational and physical activities. Additionally, the course supports the development of student leadership skills and empowers students to foster an inclusive environment in a variety of recreational movement activities. Student learning outcomes emphasize motor skills, anatomical basis of movement, fitness planning, social and emotional development, and energy balance to support healthy living. This course may be taken more than once for credit.

Credits 1

Grades

11, 12

Schools

Battlefield High School

Brentsville District High School

Colgan High School

Forest Park High School

Gainesville High School

Hylton High School

Osborn Park High School

Patriot High School

Potomac High School

Unity Reed High School

Woodbridge High School

Prerequisites

[Health and Physical Education 1](#) **and** [Health and Physical Education 2](#) **and/or** recommendation from the department chairperson **or** the supervising teacher

Weight Training and Conditioning Program and Performance

This Health and Physical Education section extends weight training and conditioning skills, training programs and principles, and evaluation and performance. With the knowledge and experience gained from the Principles of Weight Training and Conditioning course, students will continue demonstrating the skills needed to analyze movement performance using scientific principles and implement effective practice procedures for skillful performance in specialized movement forms. Students will expand on the learning concepts to gain expertise in the knowledge and application of analyzing and evaluating performance skills and training program principles. The students will understand the benefits and measurable outcomes to weight training and conditioning to build muscle, strengthen core muscles, prevent injuries, and perform athletically. Additional emphasis is placed on the five health-related components of fitness, including cardiorespiratory fitness, muscular strength and endurance, flexibility, and body composition control. Individual fitness levels will be assessed, and the students will formulate personal goals and develop individual fitness programs. Instruction includes emphasis on health risk factors related to lifestyles and how nutrition affects wellness.

Credits 1

Grades

11, 12

Schools

Freedom High School

Gainesville High School

Gar-Field High School

Osborn Park High School

Patriot High School

Prerequisites

[Principles of Weight Training and Conditioning](#)