

PHYSICAL EDUCATION
10 Units

I. Goals:

1. To develop a good overall balanced program for healthy fitness.
2. To increase resistance developing strength and endurance.
3. To recognize the need for good physical exercise as part of taking care of our body.

II. Resistance Workout includes:

1. Leg Press
2. Leg Extension
3. Leg Curl
4. Lateral Pull Down
5. Lower Back Extension
6. Chest Press
7. Shoulder Press
8. Triceps Extension
9. Biceps Curl
10. Reverse Crunch
11. Crunch
12. Stretches

III. Evaluation

A. Components

- 25% 1. Weekly Class Participation at least 3 times a week,
25% 2. Positive Attitude in daily workout.
50% 3. Record keeping to show increased strength and endurance.

B. Grading Scale

1. 90 - 100% = A
2. 80 - 89% = B
3. 70 - 79% = C
4. 60 - 69% = D
5. Below 59% = F