

**Troy High School
Course Profiles
Physical Education**

Course Title: PE

Course Prerequisites: None

Course Description: PE introduces students to a variety of individual and team sports, teaching the benefits of exercise through both cardiovascular and strength training. A variety of fitness concepts are incorporated in the curriculum in hopes of providing each student with the desire to continue a lifestyle of physical activity throughout and beyond high school.

Students entering this course should already have a mastery of the following concepts and possess the following skills: None Required; open to all students 9-12 grades; can be taken more than once.

Workload Expectations for this course (list typical amount of homework, projects, presentations, papers, etc.): Students participate in pre and post-fitness assessments in which the teacher will measure and analyze their level of fitness. Freshman must participate in State-mandated physical fitness testing which includes: 1-mile run, sit-ups, trunk lift and shoulder flexibility.
