

COURSES

PHYSICAL EDUCATION

PE064	Physical Activity-Water Exercise	0.5 UNITS
THIS COURSE DOES NOT MEET GRADUATION REQUIREMENTS. By the end of this course, the student performs water exercises combining stretching, swimming, and a variety of movements providing low to medium intensity.		
PE177	Personal & Community Health	3.0 UNITS
By the end of this course students explain the following: proper nutrition, fitness, environmental health, psychological health, sexual disease and avoidance, body composition, and drug abuse and avoidance. The course looks at these areas through a global perspective.		
PE185	First Aid & Personal Safety	3.0 UNITS
This class teaches students to recognize the need for first aid and to perform basic emergency techniques.		
PE219	Lifeguard Training	2.0 UNITS
The course enables the student to develop the skill and knowledge necessary for non-surf lifeguarding. Successful completion of the course leads to American Red Cross certification at the lifeguard training level. Students must be at least 15 years of age by the completion date.		
PE255	Rodeo I	1.0 UNIT
PE Varsity Sport Class. All varsity athletes must enroll in their sport class to be eligible for participation. Only athletes with their names on lthe official roster can enroll in the class.		
PE268	Varsity Baseball I	1.0 UNIT
PE Varsity Sport Class. All varsity athletes must enroll in their sport class to be eligible for participation. Only athletes with their names on lthe official roster can enroll in the class.		
PE272	Varsity Men's Cross Country	1.0 UNIT
PE Varsity Sport Class. All varsity athletes must enroll in their sport class to be eligible for participation. Only athletes with their names on lthe official roster can enroll in the class.		
PE273	Varsity Women's Cross Country	1.0 UNIT
PE Varsity Sport Class. All varsity athletes must enroll in their sport class to be eligible for participation. Only athletes with their names on lthe official roster can enroll in the class.		
PE276	Varsity Men's Basketball	1.0 UNIT
PE Varsity Sport Class. All varsity athletes must enroll in their sport class to be eligible for participation. Only athletes with their names on lthe official roster can enroll in the class.		
PE277	Varsity Women's Basketball	1.0 UNIT
PE Varsity Sport Class. All varsity athletes must enroll in their sport class to be eligible for participation. Only athletes with their names on lthe official roster can enroll in the class.		
PE280	Varsity Wrestling I	1.0 UNIT
PE Varsity Sport Class. All varsity athletes must enroll in their sport class to be eligible for participation. Only athletes with their names on lthe official roster can enroll in the class.		
PE284	Varsity Men's Track	1.0 UNIT
PE Varsity Sport Class. All varsity athletes must enroll in their sport class to be eligible for participation. Only athletes with their names on lthe official roster can enroll in the class.		
PE285	Varsity Women's Track	1.0 UNIT
PE Varsity Sport Class. All varsity athletes must enroll in their sport class to be eligible for participation. Only athletes with their names on lthe official roster can enroll in the class.		
PE288	Varsity Volleyball I	1.0 UNIT
PE Varsity Sport Class. All varsity athletes must enroll in their sport class to be eligible for participation. Only athletes with their names on lthe official roster can enroll in the class.		
PE295	Varsity Softball I	1.0 UNIT
PE Varsity Sport Class. All varsity athletes must enroll in their sport class to be eligible for participation. Only athletes with their names on lthe official roster can enroll in the class.		