

## Course Description

Course Title: Physical Education

Credit: 1 credit

### Description:

Student will engage in 90 hours of physical activity including:

Swimming

Golf

Jogging

Strength training

Bicycling

### Materials Used:

Student will read *Strength Training for Young Adults* by William Kraemer and Steven Fleck (2004). The book covers topics such as starting age, choice of exercises, frequency of training, rate of progression, and philosophical aspects of a strength training program. Student will write a 3-page summary of the major topics of the book including the effects of strength training on growth, development, and performance, and will also be quizzed on vocabulary words associated with strength training.

Student will read *The Golf School: The Tuition Free Tee-To-Green Curriculum from Golf's Finest High End Academy* by Jim Mclean and will be quizzed on the rules of the game as well as fundamentals including grip, stance, posture, aim, and alignment.

### Method of evaluation:

Completion of activity hours 50%

Quizzes 30%

Paper 20%

Grading Scale: 90-100% (A), 80-89% (B), 70-79% (C), 60-69% (D), 59 and below (F)