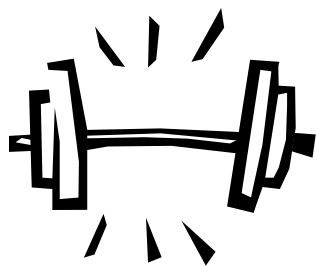




## **La Joya Community High School Fighting Lobo**



### **Physical Education Course Offerings 2008 - 2009**



Coach Lindsay Guiney	623-478-4517	<a href="mailto:lindsay.guiney@tuhsd.org">lindsay.guiney@tuhsd.org</a>
Coach Mike Gunderson	623-478-4456	<a href="mailto:michael.gunderson@tuhsd.org">michael.gunderson@tuhsd.org</a>
Coach David Hofmann	623-478-4452	<a href="mailto:david.hofmann@tuhsd.org">david.hofmann@tuhsd.org</a>
Coach John Jacobs	623-478-4400	<a href="mailto:john.jacobs@tuhsd.org">john.jacobs@tuhsd.org</a>
Coach Jane Jorgenson	623-478-4506	<a href="mailto:jane.jorgenson@tuhsd.org">jane.jorgenson@tuhsd.org</a>
Coach Paula Oxford	623-478-4577	<a href="mailto:paula.oxford@tuhsd.org">paula.oxford@tuhsd.org</a>
Coach Natalie Quinones	623-478-4451	<a href="mailto:natalie.denure@tuhsd.org">natalie.denure@tuhsd.org</a>
Coach Fernando Sepulveda	623-478-4460	<a href="mailto:fernando.sepulveda@tuhsd.org">fernando.sepulveda@tuhsd.org</a>
Coach Emily Tonn	623-478-4414	<a href="mailto:emily.tonn@tuhsd.org">emily.tonn@tuhsd.org</a>
Coach Mike Waters	623-478-4464	<a href="mailto:mike.waters@tuhsd.org">mike.waters@tuhsd.org</a>



### LIFETIME SPORTS

Course Length: 2 semesters

Grade Level: 9 -12

Prerequisite: none

Course Description: This course is designed introduce students to athletic activities they can use their entire life such as Tennis, Golf, Horseshoes, Croquet, Fitness Walking, Body Weight Workouts. Emphasis will be placed on individual performance and is less competitive than other classes. Students will learn the benefits of lifelong physical activity and will be encouraged to develop positive exercise habits.



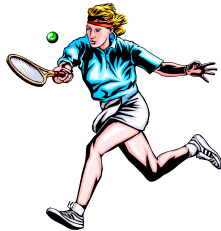
### RACQUET SPORTS

Course Length: 2 semesters

Grade Level: 9-12

Prerequisite: none

Course Description: This course is designed to introduce students to sports that are played with racquets such as Tennis, Badminton, and Paddle/Pickle ball. Students will learn game history and rules. Emphasis will be placed on improvement of introductory and advanced sport skills and techniques. Each unit, students will participate in games and tournaments to utilize newly acquired and refined sport skills.



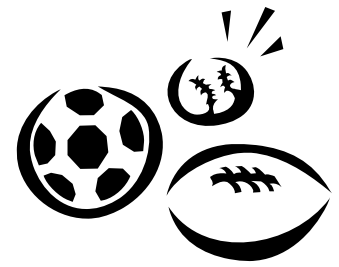
### TEAM SPORTS

Course Length: 2 semesters

Grade Level: 9 –12

Prerequisite: none

Course Description: This course is designed to introduce students to a variety of sports that are played with teams such as Basketball, Over The Line, Soccer, Ultimate Frisbee, Air Force Football, and Field/Court Hockey. Students will learn game history and rules as well as introductory and advanced sport skills and techniques. Students will form into teams and participate in games and tournaments. Special emphasis will be placed on cooperation and teamwork.



### WEIGHT TRAINING 1-2

Course Length: 2 semesters

Grade Level: 9 -12

Prerequisite: none

Course Description: This course is focused on improving each individual's muscular fitness. Students will learn weight training skills, techniques and methods in strength and endurance training. Instruction will concentrate on basic weight training safety, anatomy, muscle physiology, training principles and program design. Students will also pursue an aerobic conditioning program to improve and maintain an adequate level of cardiovascular fitness.



***"MENS SANA IN CORPORE SANO"  
A SOUND MIND IN A SOUND BODY***



### **ADVANCED P.E. - LIFETIME SPORTS**

Course Length: 1 or 2 semesters  
Grade Level: 9 -12  
Prerequisite: none  
Course Description:

This course is designed introduce students to athletic activities they can use their entire life such as Tennis, Golf, Horseshoes, Croquet, Fitness Walking, Body Weight Workouts. Emphasis will be placed on individual performance and is less competitive than other classes. Students will learn the benefits of lifelong physical activity and goals and will be encouraged to develop positive exercise habits.



### **ADVANCED P.E. - RACQUET SPORTS**

Course Length: 1 or 2 semesters  
Grade Level: 9-12  
Prerequisite: none  
Course Description:

This course is designed to introduce students to sports that are played with racquets such as Tennis, Badminton, and Paddle/Pickle ball. Students will learn game history and rules. Emphasis will be placed on improvement of introductory and advanced sport skills and techniques. During each unit, students will participate in games and tournaments to utilize newly acquired and refined sport skills.



### **ADVANCED P.E. - TEAM SPORTS**

Course Length: 1 or 2 semesters  
Grade Level: 9 -12  
Prerequisite: none  
Course Description:

This course is designed to introduce students to a variety of sports that are played with teams such as Basketball, Over The Line, Soccer, Ultimate Frisbee, Air Force Football, and Field/Court Hockey and Speedball / Team Handball. Students will learn game history and rules as well as introductory and advanced sport skills and techniques. Students will form into teams and participate in games and tournaments with special emphasis on cooperation.



### **SPORTS MEDICINE / ATHLETIC TRAINING 1-2**

Course Length: 2 semesters  
Grade Level: 10-12  
Prerequisite: Wellness 1-2  
Course Description:

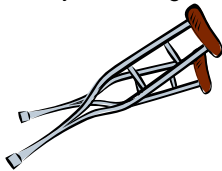
This course is designed to provide students with an introduction to sports medicine. Topics include roles of the coach, trainer, doctor, athlete and institution of sports medicine. Other topics will include methods of training to prepare athletes for competition, identification of common sports injuries, diagnosis, treatment, and rehabilitation.



### **SPORTS MEDICINE / ATHLETIC TRAINING 3-4**

Course Length: 2 semesters  
Grade level: 11-12  
Pre-requisite: Sports Medicine 1-2  
Course Description:

This course is designed to provide students with a more thorough understanding of athletic injuries and sports medicine. Topics include an extensive breakdown of injuries including mechanism of injury, specific diagnosis, appropriate care following the injury, and the specific rehabilitation protocol. Also included will be athletic injury surgical procedures. We will cover anatomy, physiology, kinesiology, and sport psychology.



### **WEIGHT TRAINING 1-2**

Course Length: 2 semesters  
Grade Level: 9 -12  
Prerequisite: none  
Course Description:

This course is focused on improving each individual's muscular fitness. Students will learn weight training skills, techniques and methods in strength and endurance training. Instruction will concentrate on basic weight training safety, anatomy, muscle physiology, training principles & program design. Students will also pursue an aerobic conditioning program to improve and maintain an adequate level of cardiovascular fitness.



### **WEIGHT TRAINING 3-4**

Course Length: 2 semesters  
Grade Level: 10 -12  
Prerequisite: Wt. Training 1-2 or teacher recommendation  
Course Description:

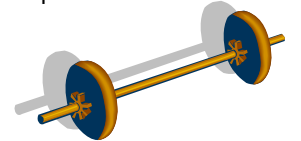
This course builds on the skills and knowledge learned in Wt. Training 1-2. Students will learn more advanced weight training skills, techniques and methods in strength and endurance training. More advanced instruction on weight training safety, anatomy, muscle physiology, training principles and program design will occur. Students will continue to pursue an aerobic conditioning program to improve and maintain an adequate level of cardiovascular fitness.



### **ADVANCED P.E. - WEIGHT TRAINING 5-8**

Course Length: 2 semesters  
Grade Level: 11 -12  
Prerequisite: Wt. Training 3-4 or teacher recommendation  
Course Description:

This course builds on the skills and knowledge learned in Wt. Training 1-2 and 3-4. Students will learn more specific and advanced forms of exercise to develop muscular fitness, endurance, flexibility and explosive power. Each student will have an active role in developing their individual fitness program. Several factors will be considered including diet, time management, budget as well as personal athletic, fitness and health goals. After successfully completing this course a student will have the knowledge necessary to continue their individual fitness program after high school.



### **SYSTEMATIC CONDITIONING**

Course Length: 1 or 2 semesters  
Grade Level: 10 -12  
Prerequisite: none  
Course Description:

This course aims to develop each student's total fitness, including flexibility, cardiovascular efficiency, muscular endurance and body composition. Cardiovascular training will include walking, jogging and running activities. Muscular fitness training will utilize calisthenics, plyometrics, yoga, and other current fitness trends. This class is primarily designed for students who are more interested in total body fitness rather than improved athletic sport performance ability.

*"MENS SANA IN CORPORE SANO"  
A SOUND MIND IN A SOUND BODY*

