

Physical Education 2

This is a rigorous class to help prepare students for intramural competition. The students will also gain knowledge of principles pertaining to cardiovascular, muscle and flexibility, along with anatomy, physiology, and weight lifting principles. Students that have advanced physical education abilities and a strong desire to participate in team sports should enroll in this class.

Course ID# = PE2-GN-Y

(This course meets 1 of 12 needed Elective Graduation Credit Requirements)