Course Title: Advanced Physical Education

Instructor: Sven Christianson

Room: Gym

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Course Description: This is a fitness concept based class that includes games, skill development and recreational activities. The focus of the Physical Education Program is to offer activities in a safe environment, which meets the physical, emotional, social, intellectual, and ethical potential for all students while encouraging fitness for life. Students will have the opportunity to expand on concepts of core classes while participating in individual and team sports such as racquetball, basketball, volleyball, tennis and softball.

Prerequisite: Students must have successfully passed the General Physical Education class or Fitness Center to be in Advanced Physical Education.

Course Goals & Objectives: During the semester the students will gain an advanced knowledge base and understanding of general games and activities to help them find an interest to pursuit a lifetime of fitness. The students will also gain a knowledge base and understanding of general workout principals for cardiovascular and body conditioning. It is the main goal of this class to develop the skills and knowledge necessary for a lifetime of fitness.

Course Materials: Remember Physical Education is an activity class. Students are required to change their clothes daily in order to participate. You may wear a t-shirt and shorts from home. For sanitary reasons no tank tops or shirts with holes in them may be worn. Shorts should not have zippers, belt loops or pockets. Gym shoes are also required. No clothing will be allowed that "immodestly exposes the chest, abdomen, genitalia or buttocks." Jewelry should not be worn.

Classroom/Course Expectations: Locks and Lockers: If you lose your lock, you will be required to purchase a new one. No one will know your combination, except you. KEEP IT THAT WAY! If you lose your lock, ask your instructor for the serial number. Small lockers are for storing P.E. clothes when not in use. Large lockers are used for storing your street clothes when you are in class. You may bring your own combination lock from home. Give the combination to your instructor. Remember, all lockers are the property of Deer Valley High School. If a problem occurs, school locks will be removed with key, personal locks will be removed with bolt cutters.

Injuries: Report all injuries to your instructor at the time of the injury. Failure to report an injury could result in loss of insurance coverage.