



Archbishop
MOELLER

Recreational Fitness For Life

PH441/451

John Rodenberg

Recreational Fitness For Life

Course Information:

1. Health and Physical Education
2. Semester
3. 441/451
4. Juniors/Seniors
5. PE1/2
6. Approval by Department and Teacher



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- This course is a continuation of team and individual sports introduced in Physical Education 1 and 2 along with the combination of Recreational and Fitness activities. The course will cover the healthful benefits of sports and other recreational activities. Units which may be featured include: air force football, badminton, basketball, bocce ball, corn hole, golf, low organizational games, pickle ball, putt-putt golf, soccer, speedball, team handball, tennis, volleyball, and weight training. The teacher is the one that determines which activities will be covered during the semester. The fitness components will focus on learning how to stay fit for one's entire life. The course encompasses cardiovascular fitness as well as physical fitness. Different types of strength training and conditioning will be emphasized.



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Academic Requirements:

1. Attendance and participation



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