

# Bridgemont High School Course Descriptions

## Physical Education

### **Purpose**

Bridgemont is dedicated to developing the total person in spiritual, mental, and physical well-being. Students and athletes learn to exhibit Christian character under the pressure of competition while training in diverse sports.

### **Course: High School Physical Education**

**Type of Course: Required \*\***

**Grade Level: 9-12**

Students in each grade learn to improve and maintain strength, flexibility and cardio-respiratory fitness, developing proper attitudes toward winning and losing, self-control, cooperation, personal responsibility and accountability. Students study other health-related issues such as personal nutrition, sports nutrition, and maintaining a good emotional balance.

\*\*Three years of PE are required for graduation from Bridgemont. One year of this requirement must be in a PE class. Two seasons of interscholastic sports constitutes 1 year of Physical Education.