



## High School Athletic Elective Curriculum

### **Dance (coed)**

This course provides students dance experiences ranging from contemporary to ballroom to hip-hop. Students will learn and practice basic dance skills as well as choreograph individual and group dance routines.

**Grade: 9-12 (Elective)**

**Length: 1 Semester**

**Prerequisite: None**

### **Fitness (coed)**

This course is designed to expose students to the fundamentals of the athletics offered at North Pointe. In addition, students will be exposed to a variety of fitness components, such as cardiovascular endurance, muscular strength, muscular endurance, weight training, and understanding and maintaining a healthy lifestyle.

**Grade: 9-12 (Elective)**

**Length: 1 Semester**

**Prerequisite: None**

### **Weight Lifting (coed)**

This course is designed to expose students to a variety of fitness components such as the use of barbells, dumbbells, machines, and body weight resistance. The class will incorporate cardiovascular endurance, muscular endurance, and understanding and maintaining a healthy lifestyle.

**Grade: 9-12 (Elective)**

**Length: 1 Semester**

**Prerequisite: None**