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| **\*Comprehensive Fitness** | |
| **Course #** | 15013900 |
| **Grade Level** | 9-12 |
| **Length** | 1 semester |
| **Prerequisite** | None |
| **Credit** | 1/2 |
| The purpose of this course is to provide students with opportunities to acquire knowledge and concepts of all aspects of fitness and to increase their total fitness level. The content shall include: concepts of muscular strength and endurance, cardiovascular fitness, body composition and flexibility; safety factors related to these areas; development of a program of total fitness; knowledge of hypokinetic diseases; and knowledge of myths | |
| associated with fitness and conditioning. | |