
Other Racquet Sports

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Racquet sports potentially demand a high level of exertion but this will depend on how you play, the level of your game, and the ability of those you are playing against If you can run up a flight of stairs, briskly walk up Other things to consider •Keep your legs moving in between play to prevent light-headedness

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PHYSICAL EDUCATION AND HEALTH COURSES

0931 Racquet Sports Grades 10,11,12 Prerequisite: None This course will promote fitness through instruction in the lifelong activities of table tennis, badminton, pickleball and tennis Note: This course is a prerequisite to all other strength training courses 0965 Strength Training II Grades 11,12 Prerequisite: 0964 Strength Training I/ES4

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Behavior Education Behavioral Control 1: Basics of Change ...

Sports and Recreation Week 12 By now, you have probably developed the endurance, strength and flexibility to consider adding a sport or recreational activity to your exercise program Heres a quick review of options to consider Choose one of the sports or recreational activities above and investigate where and when you could participate

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Physical Activity Readiness Questionnaire (PAR-Q) and You

Cross-train with other sports and exercises to reduce the risk of overtraining Make your exercise program progressive--Respect your current fitness level by starting an exercise program at a pace and duration that you know you can maintain Increase intensity and duration gradually

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Emergency Planning in Athletics

emergency plan”6 The 1999–2000 NCAA Sports Medicine Handbook further outlines the key components of the emergency plan6 Although the 1999–2000 NCAA Sports Medicine Handbook is a useful guide, a recent survey of NCAA member institutions revealed that at least 10% of the institutions do not main-

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HIGH SCHOOL PHYSICAL EDUCATION AND WELLNESS

Sports, Coaching and Officiating- Students will demonstrate an understanding of team play and how to lead and/or officiate games Course Topics 1 Fitness 2 Net Games 3 Team Sports 4 Wellness 5 Coaching Assessments: A summative assessment is provided for each of the following content areas: 1 Fitness 2 Net Games 3 Team Sports 4 Wellness 5