

Course Code	Grad Req	Title	Credits	UC/CSU	UC Honors
P001A P001B	Physical Education Physical Education	Physical Education Physical Education	5 5		
P040 P041 P042	Physical Education Physical Education Physical Education	Exercise and Nutritional Science 1 Exercise and Nutritional Science 2 Exercise and Nutritional Science 3	5 5 5		
P050A P050B	Physical Education Physical Education	Acro Fitness Acro Fitness	5 5		
P109A P109B	Physical Education Physical Education	Physical Education 9th Grade Physical Education 9th Grade	5 5		
P110A P110B	Physical Education Physical Education	Physical Education 10th Physical Education 10th	5 5		
P111A P111B	Physical Education Physical Education	Physical Education 11th Physical Education 11th	5 5		
P112A P112B	Physical Education Physical Education	Physical Education 12th Physical Education 12th	5 5		
P125	Physical Education	Physical Education 10 - 11	5		
P141A P141B	Physical Education Physical Education	Physical Education 10th - 12th Grade Physical Education 10th - 12th Grade	5 5		
P200A P200B	Physical Education Physical Education	Aquatics Aquatics	5 5		
P300A P300B	Physical Education Physical Education	Dance Dance	5 5		
P330A P330B	Physical Education Physical Education	Beginning Dance Beginning Dance	5 5	f f	
P332A P332B	Physical Education Physical Education	Intermediate Dance Intermediate Dance	5 5	f f	
P334A P334B	Physical Education Physical Education	Advanced Dance Advanced Dance	5 5	f f	
P350A P350B	Physical Education Physical Education	Aerobic Activities A Aerobic Activities B	5 5		

Course Code	Grad Req	Title	Credits	UC/CSU	UC Honors
P400A P400B	Physical Education Physical Education	Individual & Dual Sports Individual & Dual Sports	5 5		
P425A P425B	Physical Education Physical Education	Combatives Combatives	5 5		
P445A P445B	Physical Education Physical Education	Gymnastics, Beginning Gymnastics, Beginning	5 5		
P447A P447B	Physical Education Physical Education	Gymnastics, Intermediate Gymnastics, Intermediate	5 5		
P460A P460B	Physical Education Physical Education	Physical Fitness Physical Fitness	5 5		
P475A P475B	Physical Education Physical Education	Strength & Conditioning Strength & conditioning	5 5		
P476A P476B	Physical Education Physical Education	Advanced Strength & Conditioning Advanced Strength & Conditioning	5 5		
P500A P500B	Physical Education Physical Education	Racquet Sports Racquet Sports	5 5		
P600A P600B	Physical Education Physical Education	Team Sports Team Sports	5 5		
P610A P610B	Physical Education Physical Education	Contact Team Sports Contact Team Sports	5 5		
P658A P658B	Physical Education Physical Education	Volleyball Volleyball	5 5		
P700 P701	Elective Elective	Medical P.E. 1 Medical P.E. 2	5 5		
P810		PE Exemption	NC		
P830 P831	Elective Elective	Sports Medicine Aide 1 Sports Medicine Aide 2	5 5		
P835 P836	Elective Elective	Advanced Sports Medicine Aide 1 Advanced Sports Medicine Aide 2	5 5		
P850		Transfer Course	5		
P851		Transfer Course	5		

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P001A P001B	Physical Education Physical Education	Physical Education Physical Education A year course planned for all students in the school. Physical Education is a two-year required course for graduation. This course is designed to provide students with an opportunity to experience physical activity, improve physical and mental health and learn lifetime sports skills, and increase individual fitness and ability. This course takes individual differences into account in the teaching of team sports, individual sports, aquatic activities and fitness. Physical Education also encompasses additional health-related topics such as HIV/AIDS, steroids, drug abuse, smoking, and eating disorders.	5 5		
P040 P041 P042	Physical Education Physical Education	Exercise and Nutritional Science 1 Exercise and Nutritional Science 2 Exercise and Nutritional Science 3 This course is designed to combine health, physical education, and life management skills over a period of three-quarters. The curriculum will be covered through classroom instruction as well as outside activities. The health portion will include first aid, the human body, food choices, mental and emotional health, disease prevention and treatment, alcohol, tobacco and other drugs. The physical education portion will include motor learning, biomechanics, sports and games. The life management skill portion will include self-esteem, substance abuse and addictive behaviors, stress management, suicide, death, values and goal setting, love vs. Infatuation, dating and friendship, rape/acquaintance rape, human abuse, engagement and marriage, human sexuality, pregnancy, parenting and family relations and emergency situations. This course meets the ninth grade physical education requirement.	5 5 5		
P050A P050B	Physical Education Physical Education	Acro Fitness Acro Fitness This class is designed for those students who enjoy tumbling, dance, cheer, stunting and performing. Students will learn beginning to advanced skills in the areas mentioned as well as having performance opportunities. Prerequisite: Students must have passed CORE Physical Education to be eligible to take this class.	5 5		

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P109A P109B	Physical Education Physical Education	Physical Education 9th Grade Physical Education 9th Grade Physical Education 9th grade is designed to provide students with the knowledge and ability necessary to attain and maintain a healthy lifestyle. Students will be empowered to make choices, meet challenges and develop positive behaviors in fitness, wellness, and movement activity for a lifetime. Emphasis is placed on students developing a personalized fitness program for a healthy lifestyle. Common Core Standards will be incorporated into all units to promote literacy skills and concepts required for college and career readiness. All activity units meet the California State Standards for High School Physical Education. The eight components of physical fitness that will be addressed in this course of study include: the effect of physical activity upon dynamic health, mechanics of body movement, aquatics, individual/dual sports, gymnastics/tumbling, team sports, rhythms/dance, and combatives. This course meets the California Course I and Course II physical education framework and GUHSD physical education graduation requirement.	5 5		
P110A P110B	Physical Education Physical Education	Physical Education 10th Physical Education 10th This is a physical education course for students in grade 10. Physical Education is a two-year required course for graduation. This course is designed to provide students with an opportunity to experience physical activity, improve physical and mental health and learn lifetime sports skills, and increase individual fitness and ability. This course takes individual differences into account in the teaching of team sports, individual sports, aquatic activities and fitness. Physical Education also encompasses additional health-related topics such as HIV/AIDS, steroids, drug abuse, smoking, and eating disorders.	5 5		
P111A P111B	Physical Education Physical Education	Physical Education 11th Physical Education 11th This is a physical education course for students in grade 11. Physical Education is a two-year required course for graduation. This course is designed to provide students with an opportunity to experience physical activity, improve physical and mental health and learn lifetime sports skills, and increase individual fitness and ability. This course takes individual differences into	5 5		

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		account in the teaching of team sports, individual sports, aquatic activities and fitness. Physical Education also encompasses additional health-related topics such as HIV/AIDS, steroids, drug abuse, smoking, and eating disorders.			
P112A P112B	Physical Education Physical Education	Physical Education 12th Physical Education 12th This is a physical education course for students in grade 12. Physical Education is a two-year required course for graduation. This course is designed to provide students with an opportunity to experience physical activity, improve physical and mental health and learn lifetime sports skills, and increase individual fitness and ability. This course takes individual differences into account in the teaching of team sports, individual sports, aquatic activities and fitness. Physical Education also encompasses additional health-related topics such as HIV/AIDS, steroids, drug abuse, smoking, and eating disorders.	5 5		
P125	Physical Education	Physical Education 10 - 11 This is a physical education course for students in grades 10 or 11. Physical Education is a two-year required course for graduation. This course is designed to provide students with an opportunity to experience physical activity, improve physical and mental health and learn lifetime sports skills, and increase individual fitness and ability. This course takes individual differences into account in the teaching of team sports, individual sports, aquatic activities and fitness. Physical Education also encompasses additional health-related topics such as HIV/AIDS, steroids, drug abuse, smoking, and eating disorders.	5		
P141A P141B	Physical Education Physical Education	Physical Education 10 - 12 Grade Physical Education 10 - 12 Grade The purpose of Physical Education 10th - 12th is to develop the physical skills necessary to be competent in many forms of movement and knowledge of team and individual/dual sport concepts such as offensive and defensive strategies and tactics. This course will emphasize appropriate social behaviors within a team or group setting and overall physical fitness. The integration of fitness concepts throughout the content is critical to the success of this course. Units may include, but are not limited to, the following sports: Badminton, Basketball, Flag	5 5		

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		Football, Soccer, Handball, Kickball, Pickleball, Tennis, Ultimate Frisbee, and Volleyball. This course meets GUHSD physical education graduation requirements.			
P200A P200B	Physical Education Physical Education	Aquatics Aquatics This is a semester survey course that highlights the variety of aquatic activities that are available to students. The course could be divided into two or three week units during which time students would learn the principal elements of each activity. Prerequisite: Beginning Swimming.	5 5		
P300A P300B	Physical Education Physical Education	Dance Dance A course designed to acquaint students with the fundamentals of one or more types of dance.	5 5		
P330A P330B L334A L334B	Physical Education Physical Education	Beginning Dance Beginning Dance Beginning Dance is an introductory co-curricular course in which the student explores multiple genres of dance while building upon their motor skills, movement patterns and their ability to analyze and interpret movement through specific dance vocabulary. All curriculum for the class follows the California State Standards & Common Core Standards for High School Dance of this level. Focus for this class will be placed on body awareness, flexibility, coordination and physical fitness. Students will also learn to create, communicate and problem solve through movement and choreography. We will be learning dance movement skills, and students will come to understand the health benefits of dance, receive an in-depth background in multiple dance genres, understand the roots and history of dance, and participate in movement activities ranging from social dance, multicultural dance, to the artistic interpretation of movement. This course meets GUHSD physical education graduation requirements. This course meets the University of California Visual & Performing Arts "f" requirement (L334A, L334B only).	5 5	f f	

Course Code	Grad Req	Title	Credits	UC/CSU	UC Honors
P332A P332B	Physical Education Physical Education	Intermediate Dance Intermediate Dance	5 5	f f	
L336A L336B		Intermediate Dance is a performance based class, with high student accountability and is for dedicated dancers. As a co-curricular class, all practices and performances may occur during and outside of the normal school day. Students are expected to maintain acceptable grades and citizenship/conduct grades, as they are ambassadors of their High School Community. All curriculum for the class follows the California State Standards & Common Core Standards for High School Dance of this level. Students will build the following skills: motor skills, movement patterns and their ability to analyze and interpret movement through specific dance vocabulary. Focus for this class will be placed on body awareness, flexibility, coordination and physical fitness. Students will also learn to create, communicate and problem solve through movement and choreography. Students will also focus on production, conceptualization, and development of individual choreography and movement sequences. This course meets GUHSD physical education graduation requirements. This course meets the University of California Visual & Performing Arts "f" requirement (L336A, L336B only).			
P334A P334B	Physical Education Physical Education	Advanced Dance Advanced Dance	5 5	f f	
L338A L338B		Advanced Dance is a performance based class, with high student accountability and is for dedicated dancers. As a co-curricular class, all practices and performances may occur during and outside of the normal school day. Students are expected to maintain acceptable grades and citizenship/conduct grades, as they are ambassadors of their High School Community. All curriculum for the class follows the California State Standards & Common Core Standards for High School Dance of this level. Students will build the following skills: motor skills, movement patterns and their ability to analyze and interpret movement through specific dance vocabulary. Focus for this class will be placed on body awareness, flexibility, coordination and physical fitness. Students will also learn to create, communicate and problem solve through movement and choreography. This course meets GUHSD physical education graduation requirements. This course meets the University of California Visual & Performing Arts "f" requirement (L338A, L338B only).			

Course Code	Grad Req	Title	Credits	UC/CSU	UC Honors
P350A P350B	Physical Education Physical Education	Aerobic Activities A Aerobic Activities B Aerobic Activities is designed to provide students with opportunities to demonstrate knowledge of and competency in motor skills, movement patterns, and strategies needed to perform a variety of physical activities. Students will participate in aerobic activities which may include Aerobic Dance, Running, Swimming, Cycling, and Walking. Students will achieve a level of physical fitness for health and performance while demonstrating knowledge of fitness concepts, principles, and strategies. Students will also demonstrate knowledge of psychological and sociological concepts, principles, and strategies that apply to the learning and performance of physical activity. This course meets the GUHSD's physical education graduation requirement.	5 5		
P400A P400B	Physical Education Physical Education	Individual & Dual Sports Individual & Dual Sports Individual & Dual Sports will focus on developing students' knowledge of and competency in motor skills, movement patterns, and strategies essential to perform a variety of physical activities. These activities may include individual sports such as: Archery, Gymnastics/Tumbling, Yoga, Frisbee Golf and dual sports such as: Badminton, Handball, Racquetball, Squash, Tennis, or Two-player volleyball. Students will also continue to expand their knowledge for fitness concepts and participate in activities to maintain and improve their health related fitness. Students will be expected to demonstrate knowledge of psychological and sociological concepts, principles, and strategies that apply to the learning and performance of physical activity. This course meets GUHSD physical education graduation requirements.	5 5		
P425A P425B	Physical Education Physical Education	Combatives Combatives This is a course designed to teach the basic art of combatives as related to one or more combat sports. Students will be instructed in both the offensive and defensive skills of each activity presented. The course will emphasize safety equipment used in each area as well as the basic rules of conduct for all participation.	5 5		

Course Code	Grad Req	Title	Credits	UC/CSU	UC Honors
P445A P445B	Physical Education Physical Education	Gymnastics, Beginning Gymnastics, Beginning This is an introductory gymnastics course. The emphasis in this course will be on exposing students to the basic skills involved with the equipment presented.	5 5		
P447A P447B	Physical Education Physical Education	Gymnastics, Intermediate Gymnastics, Intermediate This is a more advanced gymnastics course. Students must have instructor approval before enrollment. Students will be allowed to specialize in several areas and work on advanced stunts as their skills allow.	5 5		
P460A P460B	Physical Education Physical Education	Physical Fitness Physical Fitness Physical Fitness is an introduction to progressive resistive training. Instruction includes proper methods of weight training, use of weight training machines, cardio exercises, lifting of free weights and warm up/cool down. This course covers alternate methods of resistive training such as medicine balls, plyo balls, bosu balls, elastic cords and suspension training. Instruction includes anatomy, physiology, training sequences, equipment options, safety factors, contraindications, charting exercises, introduction to weight training exercises to improve strength, range of motion and development of a personal fitness plan. This class is designed for students interested in a healthy lifestyle. This course meets GUHSD physical education graduation requirements.	5 5		
P475A P475B	Physical Education Physical Education	Strength & Conditioning Strength & Conditioning Strength & Conditioning is designed to give students the opportunity to become proficient in strength training concepts and techniques including body awareness used for obtaining optimal physical fitness. Students will benefit from comprehensive strength training and cardiorespiratory endurance activities. Students will learn the basic fundamentals of weight lifting, strength training, aerobic/cardiovascular training, and overall fitness training and conditioning. The course	5 5		

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		includes both cognitive classroom components, including anatomy and physiology, and physical activity sessions. Students will be empowered to make informed choices, meet challenges, develop personal strength and fitness goals and develop positive behaviors in fitness, wellness, and movement activity for a lifetime. This course meets GUHSD physical education graduation requirements.			
P476A P476B	Physical Education Physical Education	Advanced Strength & Conditioning Advanced Strength & Conditioning Advanced Strength & Conditioning is designed to give students the opportunity to advance their proficiency in strength training concepts and techniques including body awareness used for obtaining optimal physical fitness. Students will benefit from comprehensive strength training and cardiorespiratory endurance activities. Students will advance their knowledge and skills of weight lifting, strength training, aerobic/cardiovascular training, and overall fitness training and conditioning. The course includes both cognitive classroom components, including anatomy and physiology, and physical activity sessions. Students will be empowered to make informed choices, meet challenges, develop personal strength and fitness goals and develop positive behaviors in fitness, wellness, and movement activity for a lifetime. This course meets GUHSD physical education graduation requirements.	5 5		
P500A P500B	Physical Education Physical Education	Racquet Sports Racquet Sports A course designed to provide instruction in one or more racquet sports. Included will be instruction in skills, knowledge of strategies, and rules of the sports.	5 5		
P600A P600B	Physical Education Physical Education	Team Sports Team Sports Team Sports will focus on developing students' knowledge of and competency in motor skills, movement patterns, and strategies essential to perform a variety of physical activities. These activities may include team sports such as: Badminton, Basketball, Football, Soccer, Softball, Tennis, or Volleyball. Students will also continue to expand their knowledge for fitness	5 5		

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		concepts and participate in activities to maintain and improve their health related fitness. Students will be exposed to the skills, strategies, and rules of the various team sports and will be expected to demonstrate knowledge of psychological and sociological concepts, principles, and strategies that apply to the learning and performance of physical activity. This course meets GUHSD physical education graduation requirements.			
P610A P610B	Physical Education Physical Education	Contact Team Sports Contact Team Sports A course designed to teach beginning/intermediate skills in one or more contact team sports. Included will be instruction in skills and knowledge of the strategies and rules of the sports presented. (Contact sports referred to are football, soccer and basketball.)	5 5		
P658A P658B	Physical Education Physical Education	Volleyball Volleyball A course designed to provide beginning and/or intermediate instruction in the sport of volleyball. Included will be instruction in skills and knowledge of strategies and rules of volleyball.	5 5		
P700 P701	Elective Elective	Medical P.E. 1 Medical P.E. 2 This course is designed to combine physical fitness, sports medicine, and health over a period of a year. The curriculum will be covered through outside activities with classroom instruction. The physical fitness portion will cover various methods of training through sport, weight room, aerobics, fitness training, and overall health care. The sports medicine portion will cover basic overall athletic injuries: prevention, recognition, treatment, and rehabilitation. The health portion will cover nutrition, body composition, and various workout programs. This course will meet the second year physical education requirement. Prerequisites: Biology (9th grade) and concurrent enrollment in Human Anatomy.	5 5		

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P810		<p>PE Exemption</p> <p>Currently there is no provision for recording in the permanent record the fact that a student has been officially exempted from regular PE. This course number is recommended for use in a permanent record (transcript) entry.</p>	NC		
P830 P831	Elective Elective	<p>Sports Medicine Aide 1 Sports Medicine Aide 2</p> <p>This course provides training in sports medicine and prevention and treatment of athletic injuries. The course will cover the following areas of instruction: CPR, training room operation, exercise physiology, and types of injuries and treatment. Students will gain experience in using the tools of the trade (blood pressure cuffs and stethoscopes, elastic wraps and tapes). Course requirements include personal fitness, participation in extracurricular events, and participation in on-the-job type training. Students must be able to pass the CPR test. This course is unlevleed and offered to 10th-, 11th-, and 12th-grade students. This course meets an elective requirement. Effective, beginning with 2004-2005 school year, this course will no longer meet the graduation requirement for 2nd year P.E.</p>	5 5		
P835 P836	Elective Elective	<p>Advanced Sports Medicine Aide 1 Advanced Sports Medicine Aide 2</p> <p>This course provides instruction in advanced topics related to the field of Sports Medicine. Advance anatomy, exercise physiology, therapeutic modalities, therapeutic exercise, massage, and taping principles will be integrated with the prevention, treatment, and rehabilitation of athletic injuries. The focus of this class will be to prepare the students to work with school athletic teams as managers or student trainers. Prerequisite: Sports Medicine Aide. This course meets an elective requirement. Effective, beginning with 2004-2005 school year, this course will no longer meet the graduation requirement for 2nd year P.E.</p>	5 5		

Course Code	Grad Req	Title	Credits	UC/CSU	UC Honors
P850		<p>Transfer Course</p> <p>This course is for a student who has been attending a school outside the Grossmont District. The subject matter field has been identified, and the course description or title is not readily matched with a course in the Grossmont District Master Course Title Book. Elective credit has been granted.</p>	5		
P851		<p>Transfer Course</p> <p>This is a second semester transfer course. In cases where students remain in the same subject matter field during the second semester, using this course identification will allow a more accurate recognition of the course work.</p>	5		