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# More Opportunities

## Driver's Education

10<sup>TH</sup>, 11<sup>TH</sup>, 12<sup>TH</sup> GRADE

1 SEMESTER, ½ CREDIT

PREREQUISITES: 2.0 FROM PREVIOUS GRADING PERIOD,  
REQUIRED BEFORE ENROLLING

VALID DRIVER'S LICENSE OR PERMIT

This course will prepare students to drive safely, learn rules of the road, apply basic driving skills, learn vehicle systems and maintenance, and teach students what to do in emergencies. This course will also teach the students how to read road maps, plan trips, recognize hazardous road conditions, and deal with social pressures such as drinking and driving.

## Strength Conditioning and Fitness

10<sup>TH</sup> 11<sup>TH</sup> 12<sup>TH</sup>

ONLY 1 YEAR, 1 CREDIT

PREREQUISITE:

HEALTH

PRE/CO-REQUISITE

NUTRITION AND WELLNESS

The course is designed to provide students with a broad background in the principles of fitness, conditioning, and lifelong activity. There will be exposure to various types of fitness activities. Instruction will be given in procedures for self evaluation as well as the development of an individualized exercise program. Health issues, nutrition, and BMI (Body Mass Index) will be integral parts of the class. This course is open to all students; however, preference will be given to seniors.

**NOTE: Course offerings are subject to change.**