P.E. COURSES West Career & Tech 2025-2026





This one-year course provides students the opportunity to develop a health and skill-enhancing level of physical fitness. Students engage in movement and fitness activities at moderate to vigorous levels for a minimum of 50% of the instructional time. Through participation in physical activities, students execute motor skills, movement patterns, and safety within the course. Health and skill-enhancing fitness concepts are explored through personal goal setting and self-evaluation.

This one-year course is designed to promote a positive approach toward personal health. Students are provided with experiences in health- and skill-related fitness that develop decision-making skills, positive self-esteem, and personal regard. This course develops knowledge pertaining to the principles of wellness, components of physical fitness, proper nutrition, personal decision-making skills, and career opportunities.



This one-year course provides students the opportunity to participate in CrossFit that focuses on introducing and developing skills in weightlifting, gymnastics and monostructural activities such as running, rowing, biking, jump roping, etc. to develop a health-enhancing level of physical fitness. Students can expect to build strength, aerobic capacity, and competency in bodyweight movements. Workouts are scaled or modified as needed to accommodate each student at their individual level of fitness or athletic ability.



A waiver for Physical Education I shall be granted if a student actively participates in a school-sponsored activity for 120 hours in interscholastic athletics, ROTC, or marching band. SOURCE: NAC 389.488

Email the WCTA Magnet Counselor for more details.