



Physical Education Conditioning 11/12

Course Code: YHRA-1A/ YHRA-2A

Graduation Standards support...150 minutes DPA of moderate, vigorous or adapted activity.

Strength and Conditioning is a senior PE course specifically designed for all students that want to stay active in grades 11 and 12 in a comfortable and fun environment. The class will meet primarily at the Parkgate Fitness Centre. Activities will include fitness goal setting, direct instruction from fitness instructors on use of equipment, weight room, cardio equipment, nutrition, mindfulness and healthy living. There will be opportunities for students to develop fitness goals with the teacher and to work independently to meet those goals. The purchase of a 10 month student discounted North Vancouver Recreation and Culture membership is highly recommended.

Click here for more information on additional fitness opportunities the Parkgate pass provides - <https://www.nvrc.ca/programs-memberships/fitness-memberships-fees>.