



La Costa Canyon High School

Physical Education *Surf/Lifesaving*

Level of Difficulty	Estimated Homework Time	Prerequisites
X Moderate ☐ Difficult ☐ Very Difficult	0-30 Minutes	<u>District</u> Health through Year One PE or Dance, must have transportation <u>Department</u> Health through Year One PE or Dance, must have transportation

Course Description

Surf PE/Life Saving is a first period PE class designed to introduce students to the sport of surfing. Emphasis is placed on water safety with a thorough 500m swim test before class admittance. All enrolled students will be provided sufficient time to return to school for their second period class. Students signing up for Surf PE must provide their own surfboard, wetsuit, and transportation to and from class.

Grading

Grading based on participation and attendance.

Additional Information for Students/Parents

- 10 credits
- Meets high school graduation requirement for physical education or elective credits
- Does NOT include health
- Maximum 20 credits (2 years)