

Davis Joint Unified School District  
**COURSE TITLE CHANGE PROPOSAL**

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**Date**

1/13/14

**Department Chairperson/Coordinator**

*jerawford*

**Principal Signature**

*[Signature]*

**1. PROPOSED COURSE TITLE**

Strength & Conditioning – 10th

**2. EXISTING COURSE TITLE**

Strength & Conditioning

**REASON/S FOR TITLE CHANGE**

Strength & Conditioning course will be designated for 10<sup>th</sup> graders. It will also include introduction to Yoga and Pilates, as well as how to start and maintain a fitness walking program to help build cardiovascular endurance.