

Davis Joint Unified School District
COURSE TITLE CHANGE PROPOSAL

Date

1/13/14

Department Chairperson/Coordinator

jerawford

Principal 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 10th 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.