After completing one physical education credit from the four options listed above, any of the classes below are available, according to the grade levels listed.

- Aerobics (9-12)
- Total Fitness (9-12)
- Strength Training & Speed Development I (9-12)
- Strength Training & Speed Development I for Females (9-12)
- Advanced Aerobics^ (9-12)
- Advanced Total Fitness^ (9-12)
- Strength Training & Speed Development^ (9-12)
- Intermediate Strength Training & Speed Development^ (9-12)
- Team Sports^* (9-12)
- Individual & Dual Activities^* (9-12)
- Advanced Team Sports^ (10-12)
- Advanced Strength Training & Speed Development^ (10-12)
- Yoga^* (9-12)

**ISD 728 Graduation Requirement:** 1 credit of Physical Education (can be completed anytime during grades 9-12)

*After completing one physical education credit from the four options listed above, any of the classes below are available, according to the grade levels listed.

**KEY:**
*this course receives general elective credit
*Must complete physical education credit prior to taking this course