

## **COURSE OFFERINGS**

### **General Physical Education**

#### ***Course Description***

Fundamental sport and fitness activities are offered through sequentially planned activities in which students learn the various aspects of a variety of sports.

#### ***Course Objectives***

- To introduce students to a variety of sports and physical activities.
- To increase cardiovascular endurance, muscular strength, and flexibility.
- To learn the benefits of team sports and individual sports.

### **Ball Hockey**

#### ***Course Description***

Introduces the basic fundamentals of hockey. Ball hockey is a type of hockey played on foot or with rollerblades and requires great coordination and athletic endurance. Students learn offensive and defensive strategies and team concept.

#### ***Course Objectives***

- To increase cardiovascular endurance, muscular strength, and flexibility.
- To learn the rules of hockey.
- To understand the roles of individual hockey positions.
- To learn team offensive and defensive strategies.
- To realize the benefits of team sports.

## **Flag football**

### ***Course Description***

Introduces the basic fundamentals of football, the rules, and offensive and defensive strategy. Instead of tackling their opponent, defensive players grab the flag of the offensive player which is located on both hips.

### ***Course Objectives***

- To understand the rules of football.
- To understand the basics of football in order to play a fun game.
- To increase cardiovascular endurance and muscular strength.
- To improve flexibility and coordination.
- To realize the benefits of team sports.

## **Weight Training**

### ***Course Description***

Beginning weight training offers instruction and practice in proper techniques of the development of muscular strength, endurance, and flexibility.

### ***Course Objectives***

- To increase muscular strength and improve flexibility.
- To learn a variety of weight training exercises utilized for all the strengthening of all body parts.
- To realize the benefits of individual sports.

## **Tennis Team**

### ***Course Description***

Athletes compete in the Danube Valley Athletics Conference against other international schools. Intermediate and advanced players are welcome to try out for the team. Student must supply own racquet. The tennis coach will keep a maximum of 10 players and will make cuts if necessary.

### ***Course Objectives***

- To provide intermediate to advanced tennis players with the opportunity to train and compete.
- To increase cardiovascular endurance and muscular strength.
- To improve flexibility and coordination.

### **Track and Field**

NOTE: This course is available upon request. Private Instructor is provided at an additional cost outside of the tuition.

### ***Course Description***

This course is designed to improve the cardiovascular endurance, flexibility, strength and energy level of each student in preparation for participation in a particular sport.

### ***Course Objectives***

- To learn the proper techniques of running, sprinting, speed, agility, power and stretching to prevent injuries.
- To increase cardiovascular endurance and muscular strength.
- To improve flexibility and coordination.
- To realize the benefits of individual sports.

### **Swimming**

### ***Course Description***

The course will be divided into two sections, beginner and intermediate /advanced groups.

Beginners will learn to swim a distance of 25 yards using one or more defined swimming strokes. Participants will be introduced to performing skills in deep water.

Intermediate group members learn to swim distances greater than 25 yards comfortably using more than one defined swimming stroke. Improving stroke technique to allow for continuous lap swimming is the primary goal.

### ***Course Objectives***

- To provide students with a life-long skill.
- To teach students proper water safety.
- To increase cardiovascular endurance and muscular strength.
- To improve flexibility and coordination.
- To realize the benefits of individual sports.

## **Boys and Girls Basketball Teams**

### ***Course Description***

Introduces/ continues to develop basic skills and techniques of basketball. Students practice shooting, passing, dribbling, footwork, rebounding, defense, and combining individual offensive and defensive techniques into play patterns. Students will engage in regular competitions within the Danube Valley Athletics conference and in friendly matches with other international schools in the region.

### ***Course Objectives***

- To increase cardiovascular endurance and muscular strength.
- To improve flexibility and coordination.
- To further the development of fine motor skills.
- To learn the rules of basketball.

- To understand basketball positions, team offensive and defensive strategies.
- To learn to cope with physical contact in a healthy and positive way.
- To have the ability to compete at the varsity level against international schools within Austria and neighboring countries.
- To realize the benefits of team sports.

## **Boys and Girls Volleyball Teams**

### ***Course Description***

Introduces basic skills and techniques of volleyball. Students learn serving, passing, and spiking the ball along with strategy of play. Students will engage in regular competitions within the Danube Valley Athletics conference and in friendly matches with other international schools in the region.

### ***Course Objectives***

- To learn the rules of volleyball.
- To understand the roles of the various volleyball positions.
- To learn offensive and defensive volleyball success strategies and tactics.
- To be able to reach a skill level where we can consistently, bump-set-and then spike the ball.
- To increase muscular strength and improve coordination and flexibility.
- To have the ability to compete at the varsity level against international schools within Austria and neighboring countries.
- To realize the benefits of team sports.

## **Boys Soccer Team**

### ***Course Description***

Introduces basic skills and techniques of soccer. Students learn rules, defensive and offensive tactics. Students will engage in regular competitions within the Danube Valley Athletics conference and in friendly matches with other international schools in the region.

### ***Course Objectives***

- To learn the rules of soccer.
- To understand soccer positions, team offensive and defensive strategies.
- To increase cardiovascular endurance, muscular strength, and flexibility.
- To have the ability to compete at the varsity level against international schools within Austria and neighboring countries.
- To realize the benefits of team sports.

### **Softball**

#### ***Course Description***

Introduces the basic fundamentals of baseball. Students learn the rules of the game and offensive and defensive strategies. The baseball team will engage in one or two competitions in the spring.

#### ***Course Objectives***

- To learn the rules of baseball.
- To understand baseball positions, team offensive and defensive strategies.
- To learn the basic fundamentals of baseball well enough to play a match against a local youth baseball team.
- To increase cardiovascular endurance, muscular strength, and flexibility.
- To realize the benefits of team sports.