

## **New Moves Sample Course Descriptions**

1) New Moves is a new and different type of physical education class for girls that focuses on discovering how to improve health and fitness and learning healthy ways to manage weight. New Moves is designed for girls who aren't part of organized sports teams and are looking to try different ways to be physically active. New Moves is part of a research study at the University of Minnesota and girls in the class will have the opportunity to participate in additional activities as part of the study.

2) This is a new type of Physical Education Class! This course includes various types of physical activities. Students will also learn healthy eating habits & tips about weight control and focusing on young women's healthy lifestyle issues. This class is designed for girls who aren't part of organized sports teams and are looking to try different ways to be physically active