



# Wellness/Fitness Course Offerings

## Health

.5 credits

**Graduation Requirement: One semester of health**

Wellness, Mental Health, Nutrition, Substance Use & Abuse,  
and Relationships & Sexuality

*\*Strongly Recommended for 9<sup>th</sup> Grade\**

**9<sup>th</sup> –12<sup>th</sup> Grade students are to complete 1.5 credits**

**(3 classes) for graduation requirements.**

**The following are choices for courses: EACH .5 Credit**

*\*Note : Students may repeat courses for required credit.*

**All courses have assessment components for knowledge and fitness.**

### Personal Fitness 1

9<sup>th</sup> - 12<sup>th</sup>

Focus on current  
workout trends  
Personal goals &  
skill levels.

### Body Works

9-12<sup>th</sup> Grade

Components of fitness:  
Pilates/yoga, aerobics,  
resistance training,  
kickboxing, etc.

### Team Sports

10<sup>th</sup>- 12<sup>th</sup> Grade

Knowledge, strategy &  
game skills. Volleyball,  
Flag Football etc.

### Yoga

10<sup>th</sup> -12<sup>th</sup> Grade

Introduction to yoga  
technique and  
meditation.

**Pre Rec. P.F.1 or  
Body Works**

### Weight Training 1

9<sup>th</sup>-12<sup>th</sup> Grade

Basic training & knowledge  
of strength principles. Proper  
lifting, safety/spotting  
techniques.

*Non-Varsity athletes*

### Weight Training for

#### Women

9-12<sup>th</sup> Grade

***Recommended: for off-season  
athletes***

Emphasis placed on developing  
strength, speed, agility, and  
injury prevention.

### Advanced Weight Training

***Recommendation ONLY***

Focuses on developing multiple  
individual programs (In/Out of  
season training)

***Varsity Level- Sign up for  
specific sport (Football,  
Basketball, Cheer, Baseball, ect)***

### Sports Medicine

10-12<sup>th</sup> Grade

*Classroom based*

*\$15 fee  
Anatomy &  
physiology  
concepts.*

### Medical Careers

10-12<sup>th</sup> Grade

*Elective credit*

*Pre-Rec.  
Sports Med.*

### Aquatic Recreation

10-12<sup>th</sup> Grade

***Pre-Req 300yds***

Emphasizes on teambuilding  
activities. Students improve  
personal fitness with activities:  
Water polo, slot water hockey,  
baseball, capture the ring, etc.

### Individual Sports

9<sup>th</sup>-12<sup>th</sup> Grade

Beginning skill development,  
recreational value of life-long  
activities: Badminton,  
Pickleball, Tennis, Ping Pong,  
etc.

### Lifeguarding

10-12<sup>th</sup> Grade

***\$60 Fee***

Certification in basic  
Lifeguarding, CPR and First  
Aid. Fitness components.

### Swim Fitness

9-12<sup>th</sup> Grade

***Advanced Swimmers***

Lifetime leisure activities as well  
as personal fitness addressed.  
Heart rates are incorporated.

### Swimming

9-12<sup>th</sup> Grade

Beginning or first time swimmer.  
Students will learn basic strokes,  
water safety and water survival  
techniques.