



Wellness/Fitness Course Offerings

Health

Graduation Requirement: One semester of health (.5 credit)
Wellness, Mental Health, Nutrition, Substance Use & Abuse,
and Relationships & Sexuality
Strongly Recommended for 9th Grade

**9th –12th 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 (excluding Sports Medicine)
All Weight training classes have \$15 semester fee*

All courses have assessment components for knowledge and fitness.

Personal Fitness 1

9th - 12th

Focus on current
workout trends
Personal goals & skill
levels.

Team Sports

9th- 12th Grade

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

Weight Training 1

9th-12th Grade

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

Non-Varsity athletes

Yoga

10th -12th Grade

Introduction to yoga
technique, introduction
to flows, and meditation.

Weight Training for Females

9-12th Grade

*Recommended: for off-
season athletes*

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

***Sports Specific Weight Training Courses Available: Coaches will pre-load athletes
Football, Wrestling, Basketball, Baseball, Cheer, Soccer, Lacrosse, & Volleyball***

Sports Medicine

10-12th Grades

Classroom based

\$15 fee

Anatomy & physiology
Concepts, Injury prevention
and Treatment. CPR & First
Aid Certification

Water Sports

9-12th Grade

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

Individual Sports

9th-12th Grade

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

Lifeguarding

10-12th Grade

\$60 Fee

Pre-Req: 300 Yd

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

Swimming

9-12th Grade

All levels: Beginning swimmers
to advanced. Students will learn
basic strokes, water safety skills.
Advanced swimmers will be
working on their conditioning.