

# PHYSICAL EDUCATION/WELLNESS/DRIVER'S EDUCATION

Freshman PE

Freshman PE Girls

Freshman PE Boys

Sophomore PE (One Semester)

Sophomore Wellness (One Semester)

## Junior/Senior - Year Long

Junior Leadership \*

Healthy Lifestyles Girls

Healthy Lifestyles Boys

Senior Leadership \*

Senior TEAMS Assistant \*

## Junior/Senior - Semester Long

1 Adventure Education

1 Martial Arts

**Dance Courses**

**Electives**

2 Adventure Education \*

2 Martial Arts \*

Global Dance

Introduction to Sports Medicine

Dance Performance

Elite Dance Training \*

Driver's Education \*

Advanced Lifeguard Training \*  
Sport Specific Training \*  
Competitive Sports & Fitness  
Early Bird Fitness  
Early Bird Strength and Conditioning  
PE Blender (COED or Girls)  
Sports Officiating  
Strength & Conditioning

Most semester long courses can be repeated during Junior and/or Senior year. See Course Selection Guide for more information.

\* Application or Dept Approval Required