

# 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 \*

Dance Performance

Introduction to Sports Medicine

Elite Dance Training \*

Driver's Education \*

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

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

\* Application or Dept Approval Required