

PHYSICAL EDUCATION/WELLNESS/DRIVER'S EDUCATION

CSG

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 DLP Assistant *

* Application or Dept Approval Required

Junior/Senior - Semester Long

1 Adventure Education

1 Martial Arts

Dance Performance

Global Dance

2 Adventure Education *

2 Martial Arts *

Dance Choreography *

Electives

Introduction to Sports Medicine

Driver's Education *

Advanced Lifeguard Training *
Sport Specific Training *
Competitive Sports & Fitness
Early Bird Fitness
Fusion Fitness
PE Blender
PE Blender 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.