

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

Global Dance

Introduction to Sports Medicine

2 Adventure Education *

2 Martial Arts *

Dance Performance

Driver's Education *

Elite Dance Training *

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