Physical Education Department Introduction

In the 21st Century, the importance and value of quality physical education and personal fitness is being recognized as never before. This growing awareness is accompanied with the knowledge that childhood is the time to begin the development of active and healthy lifestyles. In recent years, a growing body of research, theory, and practical experience has sharpened our understanding of the beneficial aspects of our Physical Education programs and those aspects that are counterproductive.

Courses We Offer

1. Healthful Living—High School
2. Healthful Living—Middle School

Courses We May Offer

1. Athletic Training
2. First Aid and CPR
3. Lifetime Sports 1 & 2
4. Dance
5. Yoga and Pilates
6. Nutrition