

# PHYSICAL EDUCATION & HEALTH DEPARTMENT

## POINTS OF PRIDE

# 5

Physical Education & Health electives



We offer a summer Physical Education course for students who wish to complete that course outside of the regular school year



All students receive American Red Cross First Aid/CPR instruction



PE classes provide opportunities for students to advance their personal fitness and grow in leadership, socialization and cooperation

# 30%

of the Class of 2021 chose to take the Women's Health elective in addition to the required Health course

### EXPERT FACULTY

- ✓ 2 full-time faculty members
- ✓ 27 years average teaching experience
- ✓ 1 former women's world record holder in the bench press (405-450lbs)
- ✓ 1 certified Red Cross instructor, swim instructor, multi-sport referee and former MND volleyball coach

### ELECTIVES

- ✓ Women's Health
- ✓ Workouts for Wellness
- ✓ Fitness for Health & Sports Performance
- ✓ Fitness & Team Sports
- ✓ Fitness & Lifetime Sports