



WEST SPRINGFIELD HS HEALTH & PE ELECTIVES

FOR SCHOOL YEAR 2025-26

Are you Interested In Getting...

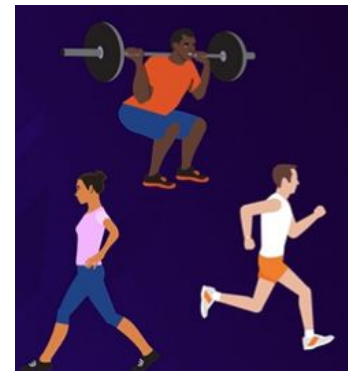
Fitter - Leaner - Stronger - Faster - Healthier
Learning The Skills To Stay Healthy And Play Better



Personal Fitness 1 Course Code ID: 764011

Completed PF 1 and Want to...

Dive Deeper Into Nutrition,
Understand Human Movement
Patterns,
Advance Gymnastics/Barbell
Technique,
Learn To Develop Training Programs



Personal Fitness 2 or Advanced PE Course Code IDS: 764012 (PF 2) or 751000 (Adv.)

Are you Interested In...



Becoming a Certified Personal Trainer!



FCPS has partnered with the *National Academy of Sports Medicine* to offer an outstanding opportunity for our students to become a professional certified personal trainers. Students can earn on average \$50,000 a year right out of high school. This certification looks amazing on college applications and can help you earn money while going to school or to help pay your bills! **SENIORS ONLY!**

Test paid for by FCPS!

Get CPR/First Aid Certified in this course!

ARE YOU CONSIDERING A CAREER IN THE MEDICAL FIELD?

- Athletic Trainer
- Physical Therapist
- EMT
- Doctor
- Nurse
- Exercise Physiologist



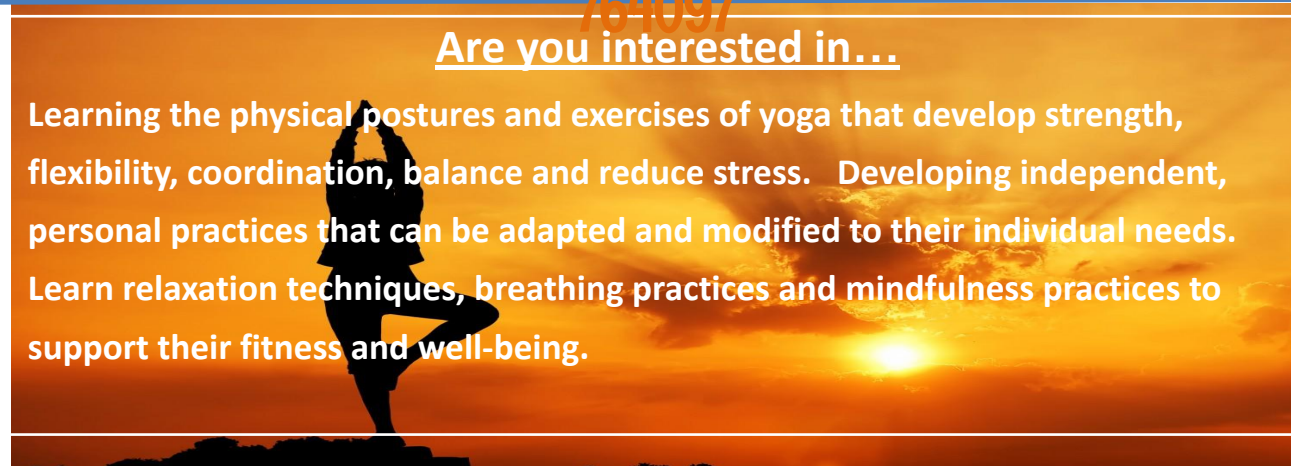
Fitness Instructor Honors (.5 GPA BOOST)

Course Code ID: 764060 (WS) or Online Campus

764097

Are you interested in...

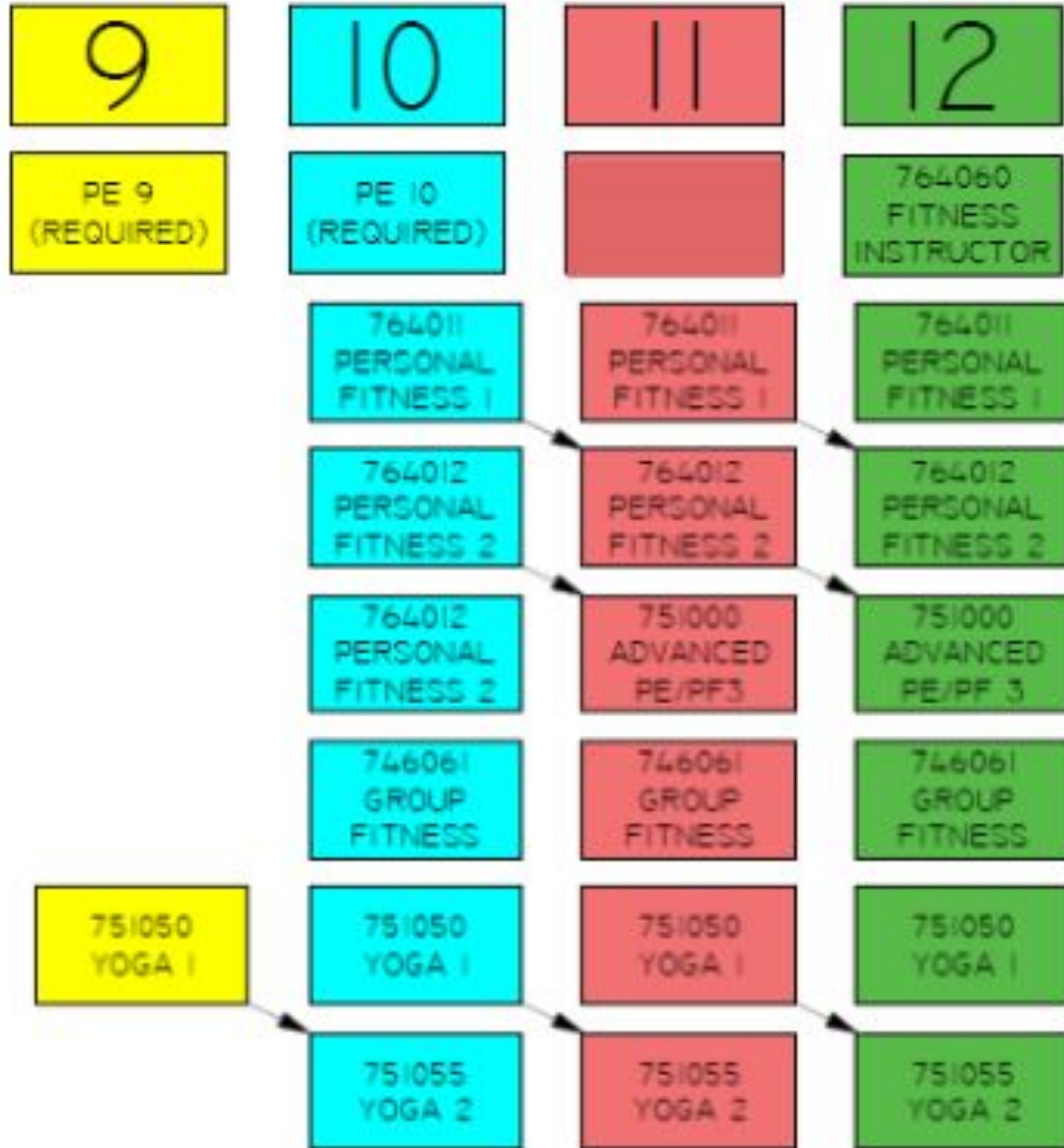
Learning the physical postures and exercises of yoga that develop strength, flexibility, coordination, balance and reduce stress. Developing independent, personal practices that can be adapted and modified to their individual needs. Learn relaxation techniques, breathing practices and mindfulness practices to support their fitness and well-being.



YOGA FOR WELLNESS 1 & 2 Course Code ID: 751050 (Yoga I) & 751055 (Yoga 2)

WEST SPRINGFIELD HIGH SCHOOL
HEALTH AND PE

COURSE OFFERINGS



■ HPE COURSE
 SEQUENCING CHART!

2024-25 HEALTH & PE ELECTIVES



- 764011 Personal Fitness 1
- 764012 Personal Fitness 2
- 751000 Advanced PE (Personal Fitness 3)
- 764060 Fitness Instructor HN-**12th Grade Only @ WSHS**
- 764097 Fitness Instructor HN-**12th Grade Only *Online Campus**
- 751050 Yoga for Wellness 1- **9th & 10th -can take this class**
- 751055 Yoga for Wellness 2

Elevate Your Fitness and Health



- Increased strength, flexibility and endurance
- Improved mental health and stress reduction
- Boosted energy levels and productivity
- Better sleep quality
- Opportunity to learn new skills and techniques

Benefits of Health & PE Electives

West Springfield HS Health & PE Electives for 2025-26:

Personal Fitness 1 & 2, Advanced PE, Yoga for Wellness 1 & 2 , & Fitness Instructor Honors

- **Electives benefit physical and mental health, increase energy and productivity**
- **Fitness Instructor Honors** includes professional National Academy of Sports Medicine (NCAA accredited) certification & .5 GPA BOOST!
FCPS covers the cost of the certification exam!
Certification provides job opportunities with average salary of \$49,700



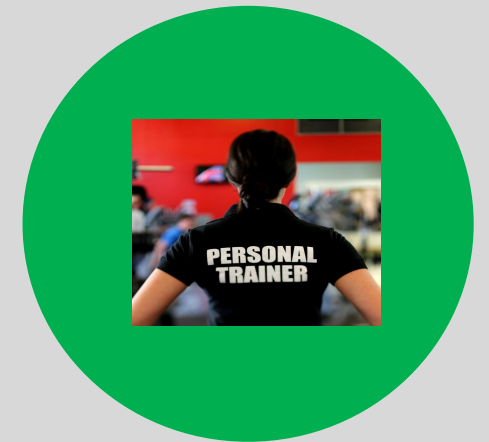
3 MAIN CHOICES



**PERSONAL FITNESS &
Advanced PE**



**YOGA FOR WELLNESS
1 & 2**



**FITNESS INSTRUCTOR
HONORS**

Video: <https://youtu.be/TYJryrZdGuw>



PERSONAL FITNESS

PF 1
GRADES 10-12

LEARN ALL THE BASIC CONCEPTS OF FITNESS THAT YOU NEED TO KNOW TO LEAD A HEALTHY LIFESTYLE FOR YEARS TO COME.

PF 2 & ADV
PE
GRADES 11-12

EXTEND YOUR KNOWLEDGE AND SKILLS IN FITNESS WITH A GREATER EMPHASIS ON SPORTS AND SPORTS SPECIFIC TRAINING.

FITNESS INSTRUCTOR
HONORS (.5 Boost)
GRADE 12

DEVELOP THE SKILLS AND KNOWLEDGE TO BECOME A CERTIFIED PERSONAL TRAINER THROUGH THE NATIONAL ACADEMY OF SPORTS MEDICINE CURRICULUM. MATERIALS AND TEST

Group Fitness Focused Video <https://youtu.be/B98A2N7K97Q>

YOGA FOR WELLNESS 1 & 2



STUDENTS WILL LEARN THE PHYSICAL POSTURES AND EXERCISES OF YOGA THAT DEVELOP STRENGTH, FLEXIBILITY, COORDINATION AND BALANCE. STUDENTS WILL ADDITIONALLY LEARN RELAXATION TECHNIQUES, BREATHING PRACTICES AND MINDFULNESS PRACTICES.

Video: https://youtu.be/R5_GKZlp_fw

BONUS:

FCPS PAYS
FOR YOU
TO TAKE
THE TEST &
GET
CERTIFIED!

Get a job
right out of
school:
Average
salary is
\$49,700



FITNESS INSTRUCTOR HONORS (.5 GPA BOOST)

Students have the opportunity to gain a **professional training certification through NASM.** The course is free for you! If you're interested in learning more about developing fitness plans, kinesiology, and how to be healthy...this class is a great opportunity! You can get a job at any gym with this certification!

VIDEO: <https://youtu.be/a48hDXWCNZ4>



Fitness Instructor Honors

.5 GPA BOOST

Check out [Fitness Instructor Honors Video](#) to learn more now!

FITNESS INSTRUCTOR HONORS

Online Campus Course Code: 764097

Base School Course Code: 764013

Do You Want To Be...

Athletic Trainer
Physical Therapist
Registered Dietician
Facility Gym Owner (Entrepreneur)
Pre-Med, Biology, or Exercise Physiology Degrees
Sports Coach or Physical Education Teacher
Strength & Conditioning Coach
Licensed Massage Therapist

Learn to Be a Fitness Instructor

National Academy of Sports Medicine Certification

Work with Professionals
CPR Certified
Create Individual Workout Plans
Weight Room Experience
Nutrition
Guest Speakers
Field Trips
Business Leadership Opportunities

**.5 GPA BOOST
HONORS LEVEL**

- **START EARNING
\$17 - \$50**
right out of high school!

- **FCPS PAYS FOR
YOU TO TAKE
THE
CERTIFICATION
TEST!**

**CPR & AED
Certification**

- **ACCEPTED AT
MOST LOCAL
GYMS**

- Career & College Readiness
- Build Confidence
- Communication
- Marketing Strategies
- Resume Writing
- Internships
- Consumer Advocacy

- **Work-Based
Learning Project**

Personal Training Certification



National Academy of Sports Medicine

VIDEO



CHECK IT OUT!





Do You Want To Be...

- **Athletic Trainer**
- **Physical Therapist**
- **Registered Dietician**
- **Facility Gym Owner (Entrepreneur)**
- **Pre-Med, Biology, or Exercise Physiology Degrees**
- **Sports Coach or Physical Education Teacher**
- **Strength & Conditioning Coach**
- **Licensed Massage Therapist**

BIG BENEFITS
to
TAKING
FITNESS
INSTRUCTOR
HONORS!

.5 GPA
BOOST

**Earn the National
Academy of Sports
Medicine Certification**

**This certification is NCAA
accredited and can be
used to train at the college
and professional levels!**

Lots of Benefits!



MAKE MONEY... with an income potential of \$17 to \$50 an hour at the early age of 18!



NO HOMEWORK & NEW NASM open book certification option! High Pass Rates!



BUILD YOUR OWN BUSINESS & CREATE YOUR HOURS!



RESUME BUILDER FOR ANY FUTURE JOB!



FCPS PAYS FOR YOUR TEST!

- Helps pay your bills! When going to college, you'll have an advantage to get a job at your college gym.
- Use the certification to train during the spring, winter, and summer breaks or...
(if going to school as a commuter to have a job while going to school.)

FCPS PAYS FOR NASM TEST VOUCHERS (& RE-TEST)

&

THERE'S \$100 STUDENT FEE for COURSE MATERIALS

***Fees are collected for Fitness Instructor HN in accordance with Notice 5922**

There is a **\$100 fee that will give students access to the NASM-CPT online materials.** This will include their own www.nasm.org accounts that they will keep using their personal email. This fee can be paid through MySchoolBucks. This account is there's to keep and take with them which is why they use their personal emails!

TEST VOUCHERS: CTE will continue to manage the purchase of the test vouchers and will contact teachers when the time comes.

Health and PE Electives Overview



- West Springfield HS offers Health & PE Electives for the 2025-26 school year.
- Electives include Personal Fitness, Advanced PE, Yoga, and Fitness Instructor Honors.
- Benefits include improved physical and mental health, increased energy and productivity.
- Fitness Instructor Honors includes National Academy of Sports Medicine (NASM) certification, a .5 GPA boost, and job opportunities.
- FCPS covers the cost of the NASM certification exam.

Health & Physical Education

764011 Personal Fitness Video [HERE](#)

764061 Personal Fitness (Group Fitness) Video [HERE](#)

764063 Personal Fitness (Group Fitness)

764012 Personal Fitness 2

751000 Advanced PE (Personal Fitness 3)

764013 Fitness Instructor Video link [HERE](#)

751050 & 751055- Yoga 1 & 2 Video [HERE](#)

