

Are you Interested In Getting...

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

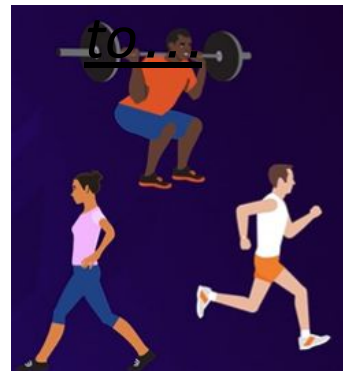


Personal Fitness 1

Course Code ID: 764011

Completed PF 1 and Want

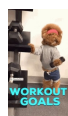
Dive Deeper Into Nutrition,
Understand Human
Movement Patterns,
Advance Gymnastics/Barbell
Technique,
Learn To Develop Training
Programs



Personal Fitness 2 or Adv. 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

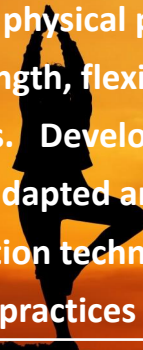


Fitness Instructor Honors (.5 GPA BOOST)

Course Code ID: 764060 (WS) or Online Campus

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 II)

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- **9th-can take this class**
- 751055 Yoga for Wellness 2