**Personal Fitness:**

This course helps students develop a physical fitness program. Students are introduced to the concepts of stress management, weight training and conditioning, and proper nutrition. Progress toward individual fitness goals is measured throughout the semester.

**Health and Safety:**

This course provides an understanding of personal and community health needs. Attention is given to mental health, nutrition, drug abuse, diseases, life cycle, family health, and lifestyle behaviors.

**Lifetime Sports:**

Students acquire knowledge of the history and purpose of outdoor education, develop skills in outdoor education activities (hiking, biking, orienteering, water sports, team sports, or others as approved by the school) and maintain or improve health related fitness.