



PHYSICAL EDUCATION

Health & Physical Education

In Health and Physical Education classes, students participate in speed, agility, and strength training, learn about life-long fitness habits, and focus on making choices that will develop a healthy lifestyle. Elements of team and individual sports, cardiovascular fitness, and fitness testing are also included. Students earn the ADAP certificate necessary for the Georgia driver's permit.

(1 credit)

Weight Training

This semester pass/fail course helps student athletes grow in strength and conditioning ability, so they are prepared to perform to the best of their availability while preventing injury.

(.5 credit)