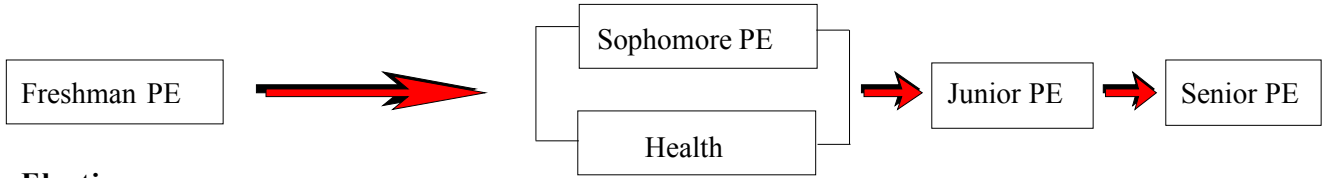


Physical Welfare Required Sequence



Electives

South Campus 9-10

- Dance Studies 1 & 2

North Campus 11-12

- Dance Studies 1, 2, & 3
- Exercise Physiology

- Family Health Issues
- Introduction to Sports Medicine
- Applied Personal Fitness

Did You Know?

More than
250,000
people die
prematurely of
disease
associated
with
sedentary
symptoms.

Practicing lifelong healthy lifestyles is the key to health, wellness, and fitness.

Regular aerobic physical activity increases the strength of the heart muscle and plays a role in the prevention of heart disease.

EXERCISE IS MEDICINE!

Have you ever considered a career in ?

Physical Education

Physical Education Teacher
Health Teacher
Fitness Director
Personal Trainer
Sports Official
(Umpire/Referee)
Coach
Health & Fitness Center
Director
Aerobics Instructor
PE & Fitness Equipment
Designer
Corporate Fitness Director
Sports Apparel Distributor
Professional Athlete
Golf/Tennis Pro
Aquatic Director
Lifeguard
Yoga Instructor
Stress Management Facilitator
Rock Climbing instructor
Team Building Facilitator
Sports Administrator
Television Sports Broadcaster
News Sports Broadcaster

Sports Medicine

Athletic Trainer
Physical Therapist
Anatomist
Nurse
Chiropractor
Paramedic / EMT
Exercise Physiologist
Massage Therapist
Physician Assistance
Doctor Nutritionist
Sports Psychologist

Dance

Professional Dancer
Dance Educator
Dance Therapist
Dance Video
Performer
Director
choreographer
Dance Photographer
Dance Critic
Dance Studio Owner

Recreation

Park District
Superintendent
Recreation Supervisor
Resident Camp Director
Recreational Therapist

