

## Healthful Living Highlights

### Sequencing:

#### Weight Training

1. Before entering the weight training program, students must complete at least one semester of Healthful Living A or B.
2. Students may then take weight training I
3. Before taking weight training II, students must complete Healthful Living A and B, and weight training I.
4. Students may then take Weight training II
5. Advanced condition and wellness (weight training III) can be taken upon completion of Healthful Living A and B, weight training I and II.

#### Sports Medicine

1. One semester Healthful Living A or B.
2. Sports Medicine I
3. Sports Medicine II
4. Sports Medicine III
5. Sports Medicine IV

### New Courses:

Personal Fitness, Team sport activities (volleyball, badminton, McWhippett, soccer)

### Notes:

Brand new wellness center, weight room and renovated gym. Trifit assessment and Hopsports technology used in Healthful Living course.  
More elective activities including team sports and life time activities