Adaptive PE Leaders
Applied Personal Fitness
Basic Self-Defense
Advanced Self-Defense
Dance Arts
Dance Fitness
Dance Studies & Fitness
Driver Education
Exercise Physiology
Health
Lifeguard Training
Physical Education I, II, III & IV
SCUBA Diving I & II
Sophomore Strength Training
Introduction to Sports Medicine
Sports Officiating
Yoga 1, 2, 3
Career Internship Program

Physical Welfare

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Physical Education and Health Department Mission Statement

The LT Physical Education and Health department's mission is to develop students who possess the information, the skills and the desire to keep themselves physically, socially and emotionally healthy for their lifetime.

Course Sequence and Electives

