Notre Dame Preparatory School
A Catholic and Marist Community

HEALTH & P.E.

This chart shows the courses available in Health & Physical Education.

HEALTH & PHYSICAL EDUCATION^ 9

Additional courses for sophomores, juniors and seniors.

- **MIND AND BODY WELLNESS 10, 11, 12**
- **HUMAN PERFORMANCE 10, 11, 12**
- **TEAM SPORTS/ OFFICIATING 11, 12**
- **SPORTS MEDICINE 11, 12**

^One year of Health & Physical Education is required for graduation.