

WELLNESS COURSE	GRADE LEVEL
P144	All freshmen are required to enroll in this course
P244	All Sophomores are required to enroll in this course.
P111	Integrated Wellness- Recommendations only
	JUNIOR/SENIOR COURSE SELECTIONS
P222	Partners Wellness- Students enrolled work within the Integrated Wellness class.
P314	Jr/Sr traditional wellness
P324	Advanced Aquatics/Lifeguarding (must be able to swim)
P327	Yoga
P334	Strength and Conditioning
P345	Stay Fit for Life
P354	Basketball
P361	Adventure Education
P362	Advance Adventure Education (must have a recommendation)
P414	Soccer/Strength and Conditioning
P427	Advanced Yoga
P433	Sports weights (must have a recommendation)
P444	Advanced Strength and conditioning
TBD	Wellness for Life (Dual credit)