



Gym is different every day. All students stretched before getting active. In every gym class, for example basketball, teamwork was vital to a winning game. However, Fit for Life is not all sweat, once a week students meet in the health room to learn the necessities of a fit and healthy life.

A HEALTHY WAY TO HAVE FUN

MANY CHOICES, MANY BENEFITS.

By: Sarah Ganson and Amanda Evans

The physical education department has been an integral part of the curriculum for many years. There were 10 elective classes and nine total teachers, offering classes from the required Health and Fit for Life, to Outdoor Recreation, Weight Training, Power Volleyball and Lifetime Sports.

However, with the budget cuts and the credit requirement reduced to just one elective, there will be significant changes.

"Medical experts are warning us that young adults need more organized exercise to stay healthy, but we have been forced to lessen the amount of that required by students," said **Perry Dennehy**, Athletic Trainer.

Not only were the previously offered aerobics class taken out of the course catalog, the positions previously filled by **Mr. Gary**

Listermann and health teacher of 34 years **Mrs. Barbara Jones** will not be reassigned after their retirement.

Depending on the amount of students signed up for the classes, others could be eliminated as well.

"I've been teaching for 35 years and every year the department has improved, and the cuts are definitely making us take a huge step back," said **Listermann**.

Despite the changes, the overall attitude of the staff and students remain the same.

"Students here seem to really enjoy the classes offered and will continue to sign up, and I don't think the cuts will change that. We have a great physical education department," said **Tom Adams**, teacher and coach.

CLASS INFO

Fit for Life was a required class taken by all students. It teaches you how to live a healthy life.

Lifeguard Training was a course which teaches you how to become a certified lifeguard.

Basketball 1 and 2 played basketball to help improve student's skills. Many freshman, JV, and Varsity basketball players enrolled.

Outdoor Recreation taught camping, fishing, and survival skills.

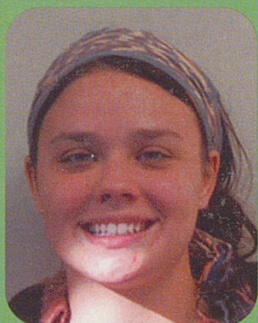
Weight Training educated students about lifting weights.

Sports Medicine instructs on common sports injuries and how to fix them.

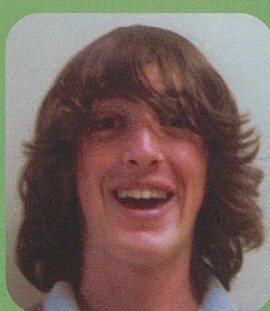
Team Sports played fun games while promoting team unity.

Power Volleyball 1 and 2 taught the basics of volleyball to improve your game.

Lifetime sports played sports that could last a lifetime.



"It's good that they require gym classes because it helps kids stay in shape."
-Jennifer Reinhart, 11



"Fit For Life helped me get in shape, and I loved taking it as a junior" -TC Rademacher, 11

THE
STUDENTS
OF...
**PHYSICAL
EDUCATION**

