

## Student Fitness Activities Overview for 2022-2023

### Fall:

- Business Professionals of America students participate in Walk-a-Thon
- Retired USAF Combat Control Coach – leads new work-out plans with Criminal Justice students
- All students participate in the Halloween walk the building for prizes event

### Winter:

- Pickle Ball Competition all students invited

### Spring:

- Business Professionals of America participate in Bowl-a-thon
- Dodge Ball Competition all students invited
- Kick Ball Competition all students invited
- National Guard – Fitness Course for all junior students

### **Built into curriculum:**

Criminal Justice – Physical Training 3 times a week

Sports and Exercise – Exercise & Athletic Training (semester course)

Sports and Exercise – Nutrition & Wellness daily (semester course)

Sports and Exercise – Fitness Evolution & Assessment (semester course)

Career X Students – fitness training provided by Sports and Exercise Students