



Lampeter-Strasburg High School Health and Physical Education Department

Derrick Morgan Health and
Physical Education Department
Subject Leader
(717) 464-3311 ext. 2249
derrick_morgan@l-spioneers.org

HEALTH AND PHYSICAL EDUCATION INFORMATION FOR PARENTS

L-SHS HEALTH AND PE STAFF

Health and Physical Education Course Offerings & Information

All students must earn a total of 2.5 Health and PE credits to graduate (this includes the following):

- Health and Physical Education 9 710HP (0.5 credit)
- Health and Physical Education 10 715HP (1 credit)
- At least one of the following 3 core elective courses :
 - Fitness and Recreational Activities 730EL (1 credit)
 - Lifetime Team and Individual Sports 730EL (1 credit)
 - Personal Fitness and Weight Training 732EL (1 credit)
- 1.5 credits come from the required 9th and 10th grade courses.
- The additional elective course fulfills the requirement to graduate.
- The additional elective courses are completed during 11th and/or 12th grade years.
- Many students love the Health and PE courses offered and take more than the required 2.5 credits.
- Adapted Physical Education is also offered.



Ms. Faith Cowell



Mr. Derrick Morgan



Mr. Jeff Pickel



Ms. Kylie Turner

fitness center three days per week to develop and implement their own personal fitness program. The course emphasis will be on improving the individual's physical fitness through varied types of resistance exercises and training principles.