



Health & Physical Education Department



The Health and Physical Education Department teaches the students to achieve balance between physical, mental/emotional and social health. The five components of physical fitness (muscular strength, muscular endurance, cardio endurance, flexibility and body composition) are incorporated into each lesson plan. Lifetime activities and sports are taught as well. In addition to regular physical education class other classes offered include: health education, athletic training and athletic physical education (weightlifting and conditioning).

Department Members:

Mr. Kristian Gibbe, BA, USAW Level One Sports Certification
Mr. Mick Nunez, BS
Mr. Ryan Spencer, BA
Mr. Kenny Sears III, BS
Mr. Michael Stant, MEd
Mr. Chris Stipe, BA National Certified Trainer, ATC

Special Activities:

- High school credit in Physical Education earned as a prefreshman
- Personal fitness and exercise logs
- Prescribed weightlifting and conditioning programs for each individual and athlete and sport
- Alternative exercise and speed conditioning training
- Health Education classes cover relevant topics including: bullying prevention, stress and anxiety management, diet and nutrition choices, CPR training, alcohol, tobacco and drug prevention and muscular, skeletal and nervous system education
- Specific classroom space for health classes
- Expanded space for locker rooms and physical training

Additional Facts:

Introduction to Athletic Training students will master the following top

- Anatomy of the human body
- Physiology of the human body
- Evaluation and treatment of athletic injuries
- First aid including CPR Certification with an AED
- Techniques in taping, bandaging, splinting and immobilizing

For additional information contact **Mick Nunez, Health and Physical Education Chair** at mickn@stpauls.com



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