



IB Sports, Exercise, and Health Sciences



- Are you an athlete who is interested in how your muscles, bones, heart, and lungs work together?
- Are you interested in the nutrition and training requirements to improve your skills?
- Are you interested in a medical career in the future?

If any of these speak to you, consider taking
IB Sports, Exercise, and Health Science next year!

A fun, active class that combines anatomy, biology, psychology, physics, sports, and more!

Course Requirements:

- Must be a rising junior or senior
- Willing to work hard and have some fun at the same time!

Questions? See Ms. Ingalls in Room B 313