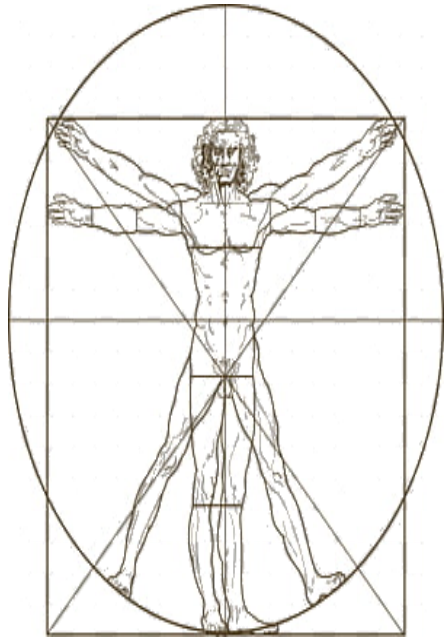


UNIVERSITY PROGRAMS

Lakeland Regional High School

Exercise Science/



Physical Therapy

The **UPAL** programs at Lakeland are a specially designed set of curricula for highly-motivated students that seek academic challenges, a specific focus of study and a dedicated faculty that engage students with not only enlightenment, but also real-world relevance.

Common themes represent the hallmarks of a modern, 21st. century education preparing students not just for college, but for life beyond college.

Common Themes

The **UPAL** curricula embraces these common themes, which are:

- Collaboration
- Problem-solving
- Critical-thinking
- Research
- Technology

With teachers using creative and innovative approaches to lessons, students will be engaged in their studies, analyze the information from multiple perspectives, and be capable of developing solutions to real-world problems.

UPAL Exercise Science/PT

The aim of Lakeland's Exercise Science/Physical Therapy focus-program is to encourage students to explore, develop and maintain an interest in Exercise Science and Sports Medicine. By engaging students in an authentic experience shared between the classroom, field and Wellness Center they can begin to understand the science and applicable rehabilitation methods in a practical, firsthand experience. The program emphasizes the totality of the individual inclusive of the mind-body-spirit philosophy. Students can expect to develop their intellect, physical abilities, stamina, coordination and poise through this program. Interdisciplinary courses are also incorporated into the program and include Nutrition, Movement & Wellness Studies, Small Business Management, Personal Fitness & Wellness, or other appropriately related courses. High School Chemistry and Physics courses are also suggested as they are criteria for many PT college programs. Senior Internship is a unique opportunity for Seniors in this program. Many courses may be eligible for college credits through CLEP, AP testing, or college dual-enrollment.

<i>Grade 9</i>
English 9 (H?)
Physical Education/Health
Mathematics =
Biology (H)*=
World Language =
World History (H?)
Lunch & Study Hall
Movement & Wellness Studies CP-A
Elective

CP-A = college-prep advanced level

<i>Grade 10</i>
English 10
Physical Education/Driver's Ed.
Mathematics =
Chemistry (H)*=
World Language =
U.S. History 1
Lunch & Study Hall
Kinesiology CP-A
Elective

<i>Grade 11</i>
English 11
Physical Education/Health
Mathematics* =
AP Science* =
Pers. Financial Literacy & Computer Apps
World Language = or elective =
U.S. History 2
Lunch & Study Hall
Choose one: Anat. & Phys.*, AP Psychology*



<i>Grade 12</i>
English 12
Physical Education/Health
Mathematics* 4 th yr. option=
AP Science* 4 th yr. option =
World Language = or elective =
Lunch & Study Hall
Suggested: *Anat. & Phys., *AP Psychology, Physics 2 H, †Aerobic Train., †Resist. Flex. Train.
Senior Internship

*courses eligible for earning college credits through PCCC, AP (Advanced Placement) or CLEP (College-Level Exam Program) testing sponsored by College Board.
† WPU dual enrollment courses.

Admissions Criteria

- Student interest and commitment to program
- Academic grades of "B" or better in middle school

Admissions Process

- Applications available online at www.Lakeland.K12.nj.us
UPAL Application link
- Same application for all UPAL Programs
- Indicate first and second choice on application
- Parent endorsement paperwork must be completed

Submit application via e-mail:

UPAL@Lakeland.k12.nj.us

Deadline for Application:

Friday, January 29, 2021 @ 4:00 PM

