

# STRONG SQUAD

## FACULTY PDHPE

## CONTRIBUTION \$50

Costs will cover resources used within the course.

## Z ELECTIVE

School developed

Join the Strong Squad and discover how powerful you can be!

This elective is all about learning to lift safely and effectively, with a focus on the major compound lifts (like squats, deadlifts and bench press).

You'll build strength, confidence and lifelong healthy habits, while training in a safe, supportive, and non-judgemental space.

With your squad by your side, you'll keep each other accountable, celebrate progress, and leave every session stronger than before — in body and in mindset.

## STAGE 6 SUBJECT SELECTION

Health and Movement  
Studies  
Sports Coaching

## HIGHER EDUCATION

PDHPE Teaching  
Strength and Conditioning  
Personal Training  
Fitness Instructor

## CAREER OPPORTUNITIES

Teaching  
Coaching