

Premier Performance Athlete Scheduling

At Martin Academy many Premier Athletes have a shortened day to accommodate their outside training. Martin Academy provides high performance fitness training along with individualized scheduling.

Martin Academy Fitness Training Blocks for Premier Performance Athletes are scheduled at the following times:

7:25am-8:25am

8:30am-9:30am

12:00pm-1:00pm

Schedules are determined based on student training schedules and availability within the school timetable.

Premier Courses Credited through Fitness Training

Grade	Semester 1	Semester 2
Grade 9	Phys-Ed 9	Phys-Ed 9
Grade 10	Wellness 10	Personal Fitness 20L
Grade 11	Instructional PE20	High Performance Training 20L
Grade 12	Instructional PE30	Personal Fitness 30L

Credits Attained through Sport Specific Training/Conditioning/Classwork

Grade	Semester 1	Semester 2
Grade 9	<ul style="list-style-type: none"> Phys-Ed 9 Health 9 	<ul style="list-style-type: none"> Phys-Ed 9 Health 9
Grade 10	<ul style="list-style-type: none"> Wellness 10* Foods 10* 	<ul style="list-style-type: none"> Personal Fitness 20L Communication Media 10*
Grade 11	<ul style="list-style-type: none"> Instructional PE 20 English Language Arts 20* 	<ul style="list-style-type: none"> High Performance 20L Psychology 20*
Grade 12	<ul style="list-style-type: none"> Instructional PE 30 Communication Media 30 	<ul style="list-style-type: none"> Personal Fitness 30L Life Transitions 30

*A course that qualifies as a Core Requirement for Graduation

Graduate Requirements

All students are required to have a minimum of 24 credits to graduate.

Students require 2 credits in the Practical and Applied Credits or Fine Arts.

Students require 5 credits in the 30 level.

