

## Career Pathways

- Athletic Therapist
- Personal Trainer
- Physiotherapist
- Exercise/Rehabilitation Therapist
- Physical Education Teacher
- Coach
- Nutritionist/Dietician
- Chiropractor
- Park Manager
- Sports Scout
- Outdoor Education Teacher
- Sports Medicine
- Health Club Manager
- Camp Director
- And so much more!



## Sports Teams

**Northwestern has many dedicated coaches and the largest selection of sports to choose from in the City of Stratford!**

- Girls Field Hockey
- 7 and 14 Aside Rugby
- Cross-Country Running
- Golf
- Tennis
- Swimming
- Boys and Girls Ice Hockey
- Curling
- Nordic Skiing
- Boys and Girls Volleyball
- Boys and Girls Basketball
- Boys and Girls Soccer
- Badminton
- Track and Field
- Baseball, and
- Wrestling

## Physical Education and Athletics at Stratford Northwestern



428 Forman Avenue  
Stratford, ON, N5A 6R7  
Phone: 519-271-9740  
Fax: 519-271-7834  
[www.stratfordnorthwestern.ca](http://www.stratfordnorthwestern.ca)

# A World of Choice

## Health and Physical Education

### Grade 9 Courses:

#### **PPL10F:** (*Open, Female*)

This course emphasizes regular participation in a variety of enjoyable physical activities that promote life-long healthy active living. Students will also investigate issues related to healthy sexuality and the use and abuse of alcohol, tobacco, and other drugs.

#### **PPL10M:** (*Open, Male*)

This course emphasizes regular participation in a variety of enjoyable physical activities that promote life-long healthy active living. Students will also investigate issues related to healthy sexuality and the use and abuse of alcohol, tobacco, and other drugs.



*Grade 10 Live-Fit program*

## What makes Northwestern athletics so unique?

Northwestern's physical education and athletics program is made up of three unique parts:

1. Physical Education classes
2. Intra-murals
3. Sports teams

### **Physical Education Classes:**

Northwestern is blessed with some great facilities such as rugby fields, soccer fields, baseball diamonds, and multi-purpose fields right in our backyard. This is complemented by the two gyms, fitness room, and multi-purpose room (aerobics/dance/health) inside the building. These facilities allow us to offer a wide variety of activities and programs.

Along with the regular programs from grades 9-12, the school offers outdoor education, fitness, live-fit, and exercise science (a university-preparation course). In grades 9 and 10, females and males have separate classes, whereas in the senior grades, the classes are mixed.

### **Intra-Murals:**

Northwestern is one of the few schools in the area to offer an intra-mural program.

It is coordinated by the **Physical Education staff** and senior students involved in the Grade 12 university-preparation **Exercise Science class**. It occurs over lunch time in our main gym. Any member of the student body is welcome to participate in a wide variety of sports including basketball, soccer, volleyball, floor hockey, and badminton in a recreational atmosphere.



*Senior Outdoor Education class*



*Northwestern's Field Hockey Team*