



Lemont High School

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Dr. Matt Maxwell, Superintendent
Eric Michaelsen, Principal



Exemplary High Performing School • 2017 National Blue Ribbon Schools Program

To: Matt Maxwell
From: Eric Michaelsen and Tina Malak
Re: New Courses for Board Approval
Date: November 17, 2025

Eric and I are recommending the following new courses for Board approval at the November Board Meeting:

PE Department

Introduction to Athletic Performance

Semester Course
Grades 10-12

This course introduces high school students to the foundations of athletic performance through structured strength, speed, agility, and conditioning training. Students will train in a rotating 2–3 day schedule while using Google Classroom for short weekly modules on key performance concepts such as recovery, nutrition, sports psychology and training principles. Teambuildr will be used for individualized training programs and personal training plans.

Science Department

Sports Science

Semester Course
Grades 11-12

This course explores the dynamic intersection of athletics and scientific principles, offering students a comprehensive understanding of how biology, physics, psychology, and nutrition influence athletic performance. This course provides students and athletes at Lemont High School the opportunity to apply scientific concepts practically, enhancing their understanding of human movement, energy systems, and data-driven training methods.