

New Course Proposals For SY 2026-2027

October 20, 2025

Review of New Courses for 2025-2026

New Course
Transitional English
This was approved last year to begin enrollment in winter of 2026 for the 2026-2027 school year

Science



Sports Science

Sports Science

Grade Level:	11-12
Length of Course:	Semester
Course Description	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.

Physical Education



Introduction to Athletic
Performance

Introduction to Athletic Performance

Grade Level:	10-12
Length of Course:	Semester
Course Description	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 plan.