

Course Title: Fitness Center
Instructor: Sven Christianson

Room: Gym

School Phone: (602) 467-6740

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Teacher Web Site:

www.dvusd.org/dh-christianson

Course Description: This course is designed to provide students with a comprehensive understanding of fitness and health. It covers topics such as anatomy, physiology, and exercise science. The course is taught by a qualified instructor and includes practical components to ensure students gain hands-on experience.

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