

Ponaganset High School

Start here. Go Big!

Health & Fitness/EMT



Why Study Health and Fitness/EMT?

Our Health and Fitness/EMT program develops innovative students with world-ready experience and meaningful industry expertise.

Only program in
Northern RI
Students receive
RWU credit



Discover your passion and find your purpose at Ponaganset

in the classroom, in student organizations, and experiential learning opportunities. The Health and Fitness/EMT program offers hands-on, relevant, and rigorous instruction to students interested in pursuing medical, fitness and sport related careers.

Immerse yourself in real-world learning experiences

and earn 80 work-based learning hours. Students must complete 80 hours during their four years. These hours are earned through industry projects, service learning, internships, and community based partnerships.

Enhance your leadership skills

by becoming a member of National Technical Honor Society. Students are inducted in the fall of their senior year. Candidates must be enrolled in the Health and Fitness/EMT Program all four years and meet GPA requirements. Click [here](#) for more details.



Ariana DiPaola

Health & Fitness/EMT Program Instructor
Program Facilitator/Department Chair



Jillian Paolino

Program Instructor



Alisha Crins

Program Instructor



Visit [Admissions](#) on our website

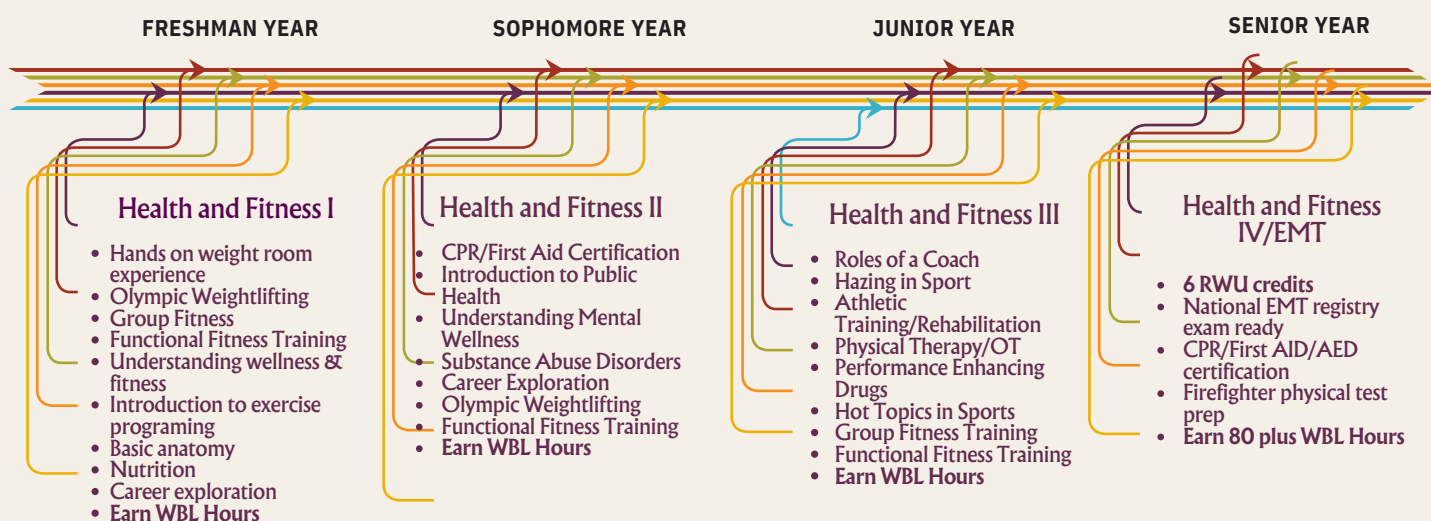
"Students in Ponaganset's Health & Fitness/EMT Program will learn about the vital role that exercise and wellness plays throughout everyday life. They will gain exposure to the most current industry training practices and wellness standards. Students will obtain the knowledge and skills necessary for a career in the health and fitness industry. By the completion of the program, students can earn 6 college credits through Roger Williams University and have the hours and course material completed to take the National EMS Registry Exam."



Addison Carty
Ponaganset Graduate 23'
Health and Fitness/EMT Program Completer

"I chose the Health & Fitness/EMT program because I want to be a doctor of sports medicine and a major part of sports medicine is health and fitness. The Health & Fitness program allowed me to get a real-life feel for what sports medicine is like and solidified my post secondary plans."

Four-Year path to success (click here for more details)



What sets Ponaganset's program apart?

1 Earn Real-World Credentials

2 Earn RWU credit



3 Accomplished, Certified, Dedicated Faculty

Additional Course Offerings

- Anatomy and Physiology
- Microbiology
- Forensics
- Physics
- AP Physics I/II
- AP Biology
- AP Chemistry

***Click here for a full list of course offerings**

Related Occupations

- Physician
- EMT
- Nurse
- Physical Therapist
- Personal Trainer
- Group Fitness Instructor
- Health Coach
- Medical Exercise Specialist
- Athletic Trainer
- High School Sport Coach
- Health unit coordinator
- Nutritionist or Dietician
- Medical or Public Health Researcher
- Physician's or Medical Assistant

Review R.I. Industry Projections and Wages