

Health and Physical Education

2022-2023
Preview



Health Education

To graduate, students must complete 1/2 credit of Health.

- If you have taken Choosing Wellness **and** Healthy Decisions, then you have fulfilled your health credit!
- The Class of 2025 will take Healthy Decisions during their sophomore year.



Physical Education Courses

To graduate, students must complete 1 credit of P.E. Students going into 10th, 11th, and 12th Grade have the opportunity to choose from six PE courses!

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| Introduction to Strength and Endurance | .5 credit | |
| Strength and Endurance | .5 credit | Department approval is needed for students who have <u>not</u> taken Intro to Strength & Endurance. |
| Greyhound Fitness | .5 credit | for CHS Student-Athletes |
| Team Sports and Games | .5 credit | |
| Lifetime and Recreational Sports | .5 credit | |
| Independent Study: Personal Fitness | .5 credit | Dept Approval 11th & 12 Grade Only |



HOME OF THE GREYHOUNDS

To learn more about each course, go to:
tinyurl.com/2223CHSHPE

Deciding which classes to take?
tinyurl.com/CHSHPEInfo