

Health/Physical Education Course Sequence

All students must take 2 semester PE courses and one semester of Health for graduation credit. **One PE course must be Foundations of Fitness.** They would then choose from any of the other courses on the second line of the chart.

HEALTH

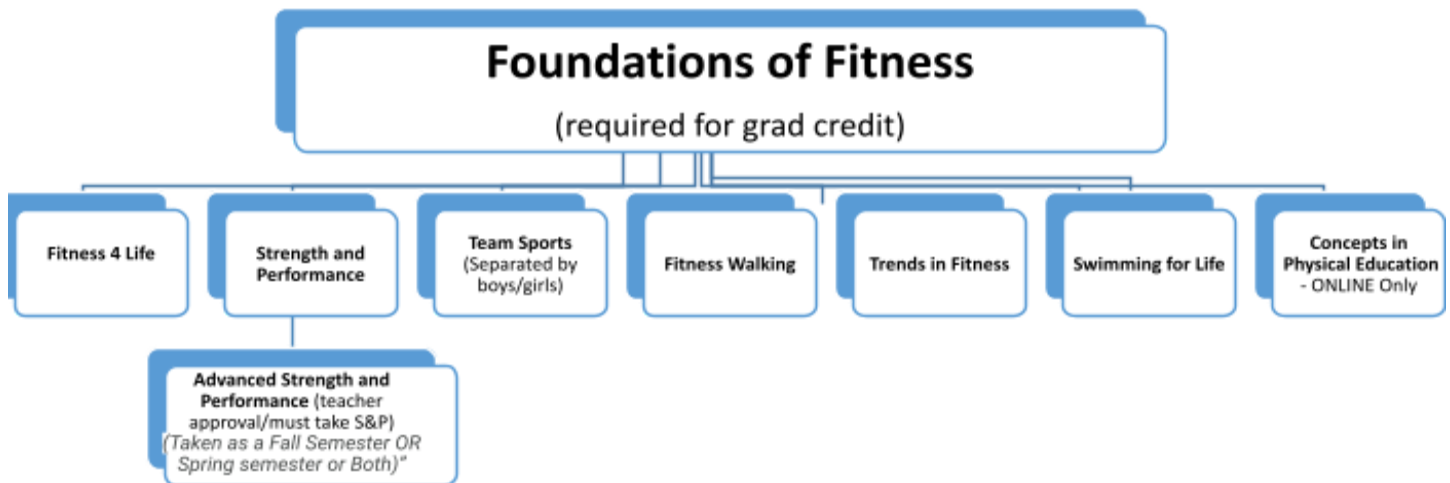
All students must take Health and Wellness for 1 semester for graduation credit or they may substitute the IB Sports Exercise and Health Sciences course for Health.

Health and Wellness
(Online option available)

IB Sports Exercise and Health Science (Junior/Senior Only)

ACTIVITY COURSES

Each student must take **Foundation of Fitness** and one other semester course for graduation.



ELECTIVES

The courses below are ELECTIVE ONLY. They do not count towards PE or Health graduation credit.

Essentials of Athletic Training and First Aid

Mentoring in Physical Education
(Applicaton and teacher approval)

IB SEHS
(May be taken as an elective or for HEALTH credit)