

| COURSE 8 <br> (Graduation requirement-1 year or Sports Exemption) Strength \& Conditioning Women's Strength \& Conditioning |  |  |  |
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| ${ }^{* * *}$ A student may exempt from taking a P.E. course by participating on a HIES athletic team for TWO seasons during their high school career. A student athlete doesn't have to exempt, they may also take a P.E. course as their core P.E. credit or their elective. (A student could take Sports Medicine or Sports Ethics in Leadership during 10-12 grade years for PE graduation credit) |  |  |  |
| Electives Courses-ONLY for students not taking a P.E. course due to Sport Exemption. These students must take ONE of the following electives. |  |  |  |
| Performing Arts — Wind Ensemble — Orchestra —_ Chorus Theatre | Visual Arts $\qquad$ Foundations of Art $\qquad$ Coding for Art | Media Literacy $\qquad$ Film and TV Production I $\qquad$ Broadcast Journalism $\qquad$ Yearbook $\qquad$ Journalism | Religion $\qquad$ Biblical Studies (This course will be required sophomore year if not taken freshman year.) |

