

CATHOLIC CENTRAL HIGH SCHOOL

2011-2012 High School Curriculum

Faith, Knowledge, and Tradition

CCHS Mission

Catholic Central High School is a four-year co-educational high school committed to providing a Catholic based education. It offers a student of any race, religion, or ethnic origin the opportunity to develop and expand their abilities and creative talents in all aspects of their life. Catholic Central is committed to creating a strong academic curriculum and instilling life-long Christian values so a student can become a responsible and contributing member of our intellectual, spiritual, moral, emotional, social, and physical community.

CCHS Graduation Requirements-26 credits

- ½-Elective

Physical Education: 1 credit

- ½-Physical Education 1

PHYSICAL EDUCATION Courses

PHYSICAL EDUCATION 1 #910

Freshman/Sophomore/Junior Requirement

1 Semester- 0.5 credit

Students will be required to learn and design their own fitness plan of weight training, circuit training, and stationary bike riding. The class will meet 4 days a week in the fitness center, and one day a week will be designated for activities in the gym or outdoors. Students will be required to change into fitness clothes and tennis shoes on a daily basis.

Students will be required to learn and design their own fitness plan of weight training, circuit training, and stationary bike riding. The class will meet 3 days a week in the fitness center, during the zero hour class period. Students will be required to change into fitness clothes and tennis shoes on a regular basis.

PHYSICAL EDUCATION 2 #920

Sophomore/Junior/Senior Requirement

1 Semester- 0.5 credit

Students will be required to follow a fitness plan of weight training, circuit training, and stationary bike riding. The class will meet 4 days a week in the fitness center, and one day a week will be designated for activities in the gym or outdoors. Students will be required to change into fitness clothes and tennis shoes on a daily basis.

PHYSICAL FITNESS #921

Freshman/Sophomore/Junior/Senior

2 Semesters- 0.5 Credit