

# Physical Education/Wellness Courses

To graduate, you need at least 1 credit in Phys Ed/Wellness. These courses have been designed to encourage healthy and active lifestyles.

1. **Wellness 10**

- Components: Physical activity, stress management, physical fitness, healthy eating, leisure, and relationships.

2. **Physical Education 20, 30**

- Components: Racquetball, swimming, tennis, at school activities.

3. **Outdoor Education 20**

- Components: Biking, canoeing, cross-country skiing, outings.