

# Physical Education Options to complete the 2nd year of P.E.

- 1) Take the PE 2 class at M-A. Sign up with your guidance counselor before the spring priority deadline.
- 2) Play 3 seasons of any **M-A** sport during 10th, 11th or 12th grade.  
Be sure to meet eligibility criteria and complete sports packet on time.

**For the TWO below options, a [SUHSD Concurrent Enrollment Form](#) is required PRIOR to signing up for the course. Please speak to your Guidance Counselor before enrolling.**

- 3) Take PE courses through local community colleges - Look under Kinesiology-Fitness for list of available courses (must be a physical fitness course.) Course offerings are available online and can be different each semester/quarter (Fall/Winter/Spring/Summer).
  - a. Canada College - [www.canadacollege.edu](http://www.canadacollege.edu) 1-3 units = 5 M-A credits
  - b. Skyline College - [www.skylinecollege.edu](http://www.skylinecollege.edu) 1-3 units = 5 M-A credits
  - c. College of San Mateo - [www.collegeofsanmateo.edu](http://www.collegeofsanmateo.edu) 1-3 units = 5 M-A credits
  - d. Foothill College - [www.foothill.edu](http://www.foothill.edu) 1 unit = 1 M-A credit
- 4) Take a PE course through an online program (must be a physical fitness course.)

School	Courses
Canada College - <a href="http://www.canadacollege.edu">www.canadacollege.edu</a>	Fitness 304.1(check with college for details and availability)
Skyline College - <a href="http://www.skylinecollege.edu">www.skylinecollege.edu</a>	Fitness 199.1 - (check with college for details and availability)
College of San Mateo - <a href="http://www.collegeofsanmateo.edu">www.collegeofsanmateo.edu</a>	Fitness 116.1 Fitness 134 Fitness 332.1 (check with college for details and availability)
BYU Independent Studies - <a href="#">PE Courses</a> .5 units = 5 M-A credits Eligible courses: <ul style="list-style-type: none"> <li>- Aerobics                 - Jogging</li> <li>- Bowling                   - Tennis</li> <li>- Cycling                   - Walking Fitness</li> <li>- Golf                        - Weight Training</li> <li>- Fitness for                - Intermediate Swimming</li> <li>  Sports &amp; Recreation</li> </ul>	Look under the high school program/standard program for list of available PE courses.

**PLEASE NOTE: Some courses and credits are subject to change.**