



Credit Recovery at MHCC

Independent Study PE Credit Permission Form (DE5PE-CS)

Name: _____

MHCC ID: _____

Course Description: This course will emphasize knowledge, participation, and safety in activities, physical fitness, and social and emotional values. Students will be able to participate in individual, group or team activities and design a personal activity plan that promotes healthy living. The student will demonstrate appropriate form and skill in a variety of activities and/or sports.

This course requires in-person registration; student must present this completed form in order to be registered.

Course Requirements:

To earn .50 credit, you must complete the following:

- Log a total of **64** hours of approved exercise, for a minimum of 8 hours per **week**
- Select two of the assignments from the list in the packet.

I have been given permission from my (circle one) counselor/administrator _____, at my home high school of _____ to take Credit Recovery PE at MHCC. In order to earn this credit, I understand that I must complete the above-stated course requirements and submit them to the High School Services office (room 1162) by the end of the term.

By signing below, we are giving permission for this student to complete this course for credit recovery.

HS Counselor or Administrator Signature

Date

Parent/Guardian Signature

Date

By signing below, I understand that I am responsible for accurately logging my exercise hours and completing the assignments required for this course by the stated deadline. If I utilize an MHCC resources to complete my exercise, I will complete any required orientation and follow all rules and policies. I understand that failure to follow any MHCC rules or policies may jeopardize my opportunity for this or future Credit Recovery courses at MHCC.

Student Signature

Date

For Office Use Only:
Registered By: _____ Date: _____

Phone: 503-491-7421 **Office Location:** AC 1162 <https://mhcc.edu/HighSchoolPrograms/>
Mailing Address: Mt. Hood Community College, High School Services
26000 SE Stark St. Gresham, Oregon 97030