

The following options are available for students who have received exemption approval for Health Classes:

1. General Wellness
Offered at OCHS during regular day if enrollment is sufficient.
2. Health Challenge Exam and Activities
See Counseling Center secretary
3. Health and Fitness for Life (HPE 295)
Offered at Clackamas Community College all terms including summer.
4. Personal Health (HE 250)
Offered at Clackamas Community College all terms including summer. Also offered at Clackamas Community College as an online course and a telecourse. Register through CCC.
5. Personal Health 1 (HI)
Offered through the Independent Student Program at Portland State University as a correspondence course. Register at PSO 503-725-4865 or through the OCHS Counseling Center.
6. Basic Health Choosing to be Well
Offered through Brigham Young University as an online course (course #5049001). Offered through Brigham Young University as a correspondence course (course #4900100). Register online at ce.byu.edu/is/index.html or through the OCHS Counseling Center.
7. Health Services 1-2
Offered as a year long, two-period course at the Sabin Skills Center. Register through regular OOHS forecasting process.
8. Child Development 2 (formerly called Parenting)
Offered at OCHS during regular day. Pre-requisite in Child Development 1. Register through regular OCHS forecasting process.
9. Health 2 Early Bird
Offered at OCHS during Early Bird if enrollment is sufficient.
10. General Wellness 2
Offered at OCHS during regular day if enrollment is sufficient.
11. Health 2 Challenge Exam and Activities
12. Mental Health (HE249)
Offered at Clackamas Community College all terms including summer. *Register through CCC.
13. Personal Health II (H2)
Offered through the Independent Study Program at Portland State University as a correspondence course. Register through PSU at 503-725-4865 or through the OCHS Counseling Center.
14. Health Services 3-4
Offered as a year long, four period course at the Sabin Skills Center. Register through regular OCHS forecasting process.
15. Health Occupations 1 and 2 (two courses)
Offered through Brigham Young University as a correspondence course (course #4900200 and course #5049003). Register online at: ce.buy.edu/is/iadex.html or through the OCHS Counseling Center.

Any tuition or fees will be the responsibility of the student. Please note that this list may change without notice. The district is not in control of options outside the district's schools.

Health Education is a high school graduation requirement designed by the Oregon Department of Education (ORS 326.051, OAR 581-22-113).