Cornerstone Christian School -PSP
SAMPLE Course Hour Documentation Form

Student Name: Doe, John **Grade:** 10 **Academic Year: 2019-2020**
Subject: P.E.

MONTH/YEAR	HOURS	LIST ALL LESSONS, TESTS, OUTTINGS, ETC.	PARENT INITIAL
08/16	28	Cardio -4 hrs, 4x a week at gym. Six 2 hour hikes	
09/16	24	Kickboxing- 2 hrs, 4x a week at gym. Walked dog 1 hour M-Th	

TOTAL HOURS:

ONE SEMESTER COURSE = 75 hours/5 credits
FULL YEAR COURSE = 150 hours/10 credits