

BETHEL SCHOOL DISTRICT
Health and Fitness Alternatives

.5 PE Proficiency Credit through Out-of-School Activity or .5 Medical Waiver

Washington State law (RCW 28A.230.050 and 28A.230.090) requires 2.5 credits in health and fitness for high school graduation. Credit can be earned by taking health and fitness classes at your school (for example JROTC, Conditioning, Fitness Walking). You may also request to receive proficiency credit for physical activity monitored by a certified trainer or coach or you may request that part or all of this requirement be waived for medical reasons (RCW28A.230.050).

To receive a .5 Health and Fitness proficiency credit you must document 75 hours of activity, consisting of 5-7 hours of activity per week, under the supervision of a certified trainer, coach or teacher endorsed in health/fitness. You must supply documentation of his/her Washington State Training License or coaching credentials. The proficiency credit will be approved and transcribed when this documentation is complete and turned in. One full credit (150 hours of activity) each year is the maximum accepted.

Students wishing to apply for alternative Health and Fitness Credit must first write a 1 to 1-1/2 page proposal explaining how they will fulfill the hours required to earn credit. Students must include in the proposal, a high school and post-high school plan, explaining why they are unable to fulfill the health and fitness credits during the regular school schedule. A student's high school records should reflect a career focus and a serious approach to post-high school planning.

The planned activity must be supervised by a certified trainer, coach or teacher endorsed to teach health and fitness. You must provide documentation of his/her Washington State Training license, coaching credentials or endorsements.

Once a student's proposal has been approved, the student is required to document time spent participating in physical fitness activities (75 hours for 0.5 credit and 150 hours for 1 credit). Students may document 5-7 hours of physical activity per week. Documented hours must be accompanied by the approved supervisor's signature.

Once the hours have been completed, students must write a 1 to 1-1/2 page reflection on their participation in the program. The paper should discuss what went well, what did not go well, and what the student would do differently if he/she were to do this program again. The paper should also discuss how the student can apply what was learned to his/her life. This report must be typed (size 12 font) and double-spaced.

Directions to Student:

- Complete the attached form prior to beginning any physical activity hours to be used for the proficiency credit and turn the form into the Main Office for approval.
- Complete the physical activity hours, keeping a log of the dates and hours and what you did.

At the end of your activity, complete the necessary form and turn in to the Main Office with your log.

- Have your supervisor sign off on your log indicating he/she supervised your workouts during this time.
- Obtain a photocopy of your supervisor's certificate or license and attach to the log.

Bethel School District Procedure
Health and Fitness Credit Alternative
or Medical Waiver

Name: _____ School: _____

Class of _____ Student ID# _____

I am applying for a Health and Fitness Credit Alternative.

1. Students wishing to apply for alternative health and fitness credit must first write a 1 to 1-1/2 page proposal explaining how they will fulfill the hours required to earn credit. Students must include in the proposal, a high school and post-high school plan, explaining why they are unable to fulfill the health and fitness credits during the regular school schedule. A student's high school records should reflect a career focus and a serious approach to post-high school planning.
2. The planned activity must be supervised by a certified trainer, coach or teacher endorsed to teach health and fitness. You must provide documentation of his/her Washington State Training license, coaching credentials or endorsements.
3. Once a student's proposal has been approved, the student is required to document time spent participating in physical fitness activities (75 hours for 0.5 credit and 150 for 1 credit). In an effort to encourage lifelong fitness, students may document 5-7 hours per week. Documented hours must be accompanied by the approved supervisor's signature.
4. Once the hours have been completed, students must write a 1 to 1-1/2 page reflection on their participation in the program. The paper should discuss what went well, what did not go well, and what the student would do differently if he/she were to do this program again. The paper should also discuss how the student can apply what was learned to his/her life. This report must be typed and double-spaced).

I am applying for a .5 waiver due to medical reasons and have attached my doctor's note. I understand I must still earn the appropriate number of credits to graduate.

Student's Signature: _____ Date: _____

Parent's Signature: _____ Date: _____

Principal's Signature: _____ Date: _____

Alternative Credit Application Accepted

Medical Waiver Approved

Assistant Superintendent,
Curriculum's Signature: _____ Date: _____

Approved .5 Proficiency Credit 1.0 Proficiency Credit

Denied, does not meet criteria

