

Health & Physical Education Department

Department Policy Regarding Medically Excused Students from Physical Education Class.

Background: Health and physical education is a mandated graduation requirement and there is specific requirements for both time and content. At RHS, our program follows the NJ Core Curriculum Content Standards and the law 18A:35 that all students in grades 1-12 must **participate in at least two and one-half hours of health, safety, and physical education in each school week.** There is no exemption for any student due to a medical condition.

1. In the event that a student is unable to participate in physical education class as a result of a medical condition the following procedures need to be followed:
 - a. In order for a student to be excused from a physical education class, as a result of a medical condition, the student must provide the assigned physical education teacher and school nurse with a copy of the doctor's note.
 - b. Students not participating in physical education class without a doctor's note will be marked down on their grade and will be required to make-up any lost points.
 - c. Those students excused for only one (1) day will remain with their physical education class.
 - d. A student requiring an excuse that will exceed one (1) day will be required to complete a written physical education assignment for each day he/she is excused from physical education class.
 - e. These assignments are expected to be completed a daily basis and submitted to a student's physical education teacher regularly.
 - f. Failure to complete the assignment will adversely affect an individual's physical education grade for the marking period and the year.
2. Student missing physical education class will be required to do the following assignment:
 - a. Read one (1) article pertaining to health, physical fitness, nutrition, or other topics related to physical education and type a ½ page summary. The type written summary must include why the student choose this article, how it pertains to physical education class and outline the key points mentioned throughout the article.
 - b. The student will submit this type written assignment with a copy(or Hyperlink) of each article to the physical education teacher.
 - c. assignments may be altered to meet an individual's need but this must be discussed with the assigned teacher and assignments will be still be completed on a daily basis.
3. Grading
 - a. Each assignment will be graded by the physical education teacher and represent participation in class for the given day.
 - b. Late or not received assignments may represent no participation for the day and credit for the day may be lost(-6 No Participation).
4. Selecting a research topic:
 - a. Topic must be relevant to health, fitness or physical education.

- b. The physical education teacher has the final decision on all proposed research assignments.
5. Any student found to have plagiarized or downloaded or copied a pre-existing research materials from the internet or any other source will automatically receive a failing grade for the marking period.
6. The following are broad topics that students can use to formulate an idea for a research assignment.
 - a. Power of positive thinking
 - b. Sleep
 - c. Domestic Violence
 - d. Bullying
 - e. Obesity
 - f. Dieting
 - g. Eating Disorders
 - h. Fast food and Lawsuits
 - i. Benefits of Physical Fitness
 - j. Insect borne diseases
 - k. Diabetes
 - l. Steroids
 - m. Alzheimer's
 - n. Vaccinations
 - o. Skin cancer
 - p. Cancer
 - q. Heart Disease
 - r. Lifestyle Diseases
 - s. High cost of prescription drugs
 - t. Medicare/Medicaid
 - u. Stem Cell research
 - v. Cloning
 - w. Cryogenics
 - x. Birth Defects
 - y. Bio-feedback
 - z. Public Safety: Red Alert Bioterrorism
 - aa. HIV/AIDS
 - bb. Mental Illness cc. Medical Ethics
 - cc. Flu of the season
 - dd. Addiction
 - ee. Alcohol and the Brain
 - ff. Depression
 - gg. Weight training
 - hh. Benefits of extracurricular sports
 - ii. Club Drugs
 - jj. Date Rape
 - kk. The value of athletics in education
 - ll. All others need to be approved by your physical education teacher