

# Verification Form – Fitness Certificate

## Physical Education Waiver Requirement

Student Name: \_\_\_\_\_ Grade: \_\_\_\_\_ Date: \_\_\_\_\_

I understand that I have an option to submit two Fitness Certificates for meeting 0.5 credits of the required 1.5 credits of physical education which is required to graduate. I understand that I still need to earn 24 credits to graduate and the .5 credit of physical education I am opting out of when I submit two Fitness Certificates must be made up in one of the following subject areas: English, math, social studies, or science.

\_\_\_\_\_  
*Student Signature*

\_\_\_\_\_  
*Parent Signature*

This is my: \_\_\_\_\_ 1<sup>st</sup> Fitness Certificate \_\_\_\_\_ 2<sup>nd</sup> Fitness Certificate (check one)

### **Verification:**

#### **1. Participation on a WIAA-sanctioned sport, which can include cheerleading or dance.**

- A. Participating for the full season. The “full season” is defined as at least 75 hours of active participation where there is practice, scrimmage or official competition on average of 4 days/week during the season.
- B. Having no violation of the Athletic Code which results in a suspension from practice for more than one (1) week (seven (7) calendar days) or for suspension from more than one (1) competition during the season.
- C. Having no unexcused absences from practices or competitions.

\_\_\_\_\_  
*(Sport)*

\_\_\_\_\_  
*(Athletic Director)*

\_\_\_\_\_  
*(Date)*

**OR**

#### **2. FitnessGram Test-Out**

- A. Student has met the Healthy Fitness Zone standards for all the components of the FitnessGram Test-out according to gender and age.

\_\_\_\_\_  
*(FitnessGram Administrator)*

\_\_\_\_\_  
*(Date)*

#### OFFICE USE:

\_\_\_\_\_ Counselor initial & date after review. Upon the receipt of two Fitness Certificates, both certificates will be submitted to the Registrar.

\_\_\_\_\_ Registrar initials & dates both certificates when recorded in the student's record.

## Option for Meeting Physical Education Waiver

Students may complete an additional one-half (.5) credit in English, social studies, mathematics, or science in lieu of one-half (.5) credit of physical education when they earn **two Fitness Certificates**. A Fitness Certificate can be earned by participating in a District sponsored WIAA-sanctioned sport, including the high school cheerleading team, dance team or by meeting the criteria of the FitnessGram test-out. At least one of the two Fitness Certificates required for the waiver, must be earned by participating in a District sponsored WIAA-sanctioned sport, which can include high school cheerleading or dance team.

A required course or credit may not count for the one-half (.5) credit substitution course; the one-half (.5) credit substitution course must be in addition to the minimum graduation credit requirement for the English, social studies, mathematics, or science subject areas. Phy Ed I and Phy Ed II are required courses to which the one-half (.5) credit substitution cannot be applied. Participation in the sport or on the cheer or dance team itself does not constitute a course and does not qualify for any high school credit.

Fitness Certificates must be earned during a timeframe that encompasses the student's junior year and first semester of their senior year. It is recognized that this time frame limits opportunities for students who only participate in spring sports. To accommodate this, there is one exception to when a Fitness Certificate can be earned for participation outside the designated time frame and that is for spring season sports.

Exception: Upon request from a sophomore student, a Fitness Certificate will be awarded if the student has participated in the same spring sport as a freshman and sophomore and was in good standing during both of those seasons.

### Earning Fitness Certificates

#### **1. Participation in a District sponsored WIAA-sanctioned sport, which can include high school cheerleading and dance team**

It is the responsibility of the student who is interested in earning a Fitness Certificate to submit a request form to the Athletic Director for processing within a window described as the last week of the season and two weeks following the end of the season.

A Fitness Certificate will be authorized by the Athletic Director based on the student meeting all of the following criteria:

- A. Participating for the full season. The "full season" is defined as at least 75 hours of active participation where there is practice, scrimmage or official competition on average of 4 days/week during the season.
- B. Having no violation of the Athletic Code which results in a suspension from practice for more than one (1) week (seven (7) calendar days) or for suspension from more than one (1) competition during the season.
- C. Having no unexcused absences from practices or competitions.

Once authorized, the Athletic Director will submit the form to the student's counselor.

## 2. FitnessGram Test-out

A Fitness Certificate will be authorized by a member of Physical Education department or their designee when the student meets all of the standards of the Healthy Fitness Zones, according to gender and age, on the FitnessGram tests:

- A. Aerobic Capacity: 20 m pacer **or** one mile run
- B. Abdominal Strength and Endurance: curl-up
- C. Back Saver Sit and Reach (right and left)
- D. Upper Body Strength and Endurance: 90° push-up **and** modified pull-up (*male*) **or** flexed-arm hang (*female*)

### Procedures and Expectations

1. One (1) test-out opportunity will be offered each “season”
  - Fall
  - Winter
  - Spring

The test-out dates for the academic year will be posted in the Career Center and athletic locker rooms at the start of each school year.

2. A student is not limited to the number of times they test. Scores from both testing dates within the same season can be combined for meeting all Healthy Fitness Zone standards. Scores cannot be transferred from one season to another.
3. After the student has successfully passed all fitness tests, a Fitness Certificate will be given to the student. The student is responsible for submitting this certificate to their counselor.

Once the student has two (2) Fitness Certificates, the counselor will submit both certificates to the Registrar for recording the physical education waiver on the transcript.

It is the responsibility of the student’s counselor to ensure the student has taken an additional one-half (.5) credit in English, social studies, mathematics, or science in lieu of one-half (.5) credit of physical education.