

Spring Branch ISD Off-Campus Health Fitness Program

Purpose of the Off-Campus Health Fitness (OCHF) Program:

The purpose of the OCHF Program is to accommodate students who are making a serious effort to develop higher-level skills in a specific activity that exceed what the school district can offer through the general health fitness program. The OCHF Program allows students in 6th through 12th grades to earn credits that meet the district and state physical education requirements. Students will be expected to be physically educated, along with being physically active. They will be expected to show accountability of skill development, learned physical activity and health concepts and social development through participation in their selected physical activity that are based on the Texas Essential Knowledge and Skills for Physical Education.

Description of the Off-Campus Health Fitness Program

The OCHF Program is a partnership between Spring Branch Independent School District and approved off-campus agencies that provide activities such as: Dance, Equestrian, Fencing, Gymnastics, Hockey, Ice Skating, Lacrosse, Martial Arts, Rock Climbing, Rowing, Swimming, and Tennis. (The complete list of approved activities may be found on the last page of this document). Only practice hours may count towards the state required time. Game days and competitions will not count toward the total weekly participation hours. Agencies must provide an alternative place of instruction during inclement weather. Students will receive a grade of pass or fail. The Health Fitness Department will be responsible for supervising the OCHF Program standards to ensure that each student receives a quality, off-campus health fitness experience.

Students may participate in two different categories. Category II students are **not** permitted to leave campus during the school day to participate in OCHF. Students may participate in either category. High school students may earn 0.5 credit per semester for a total of 1.0 credit towards their high school graduation physical education requirement.

In order for a waiver to be granted, SBISD will follow the guidelines set by the law as stated in Texas Administrative Code (TAC) §74.11(d)(7)(C). The term "appropriate" implies, among other things that **the substitute activity is in congruence with the Physical Education Texas Essential Knowledge and Skills (TEKS) as closely as possible, if not above and beyond the rigor of the standards**

- **Category I - (Olympic/National Level)** - Participation and/or competition includes a minimum of **15 hours** per week of highly intensive, professional, supervised training. The training facility, instructors, and the activities involved in the program must be certified by the superintendent to be of exceptional quality. Students qualifying and participating at this level may be dismissed from school one hour per day. Students dismissed may not miss any class other than physical education.
- **Category II - Middle and High School** - Participation includes a minimum of **5 hours** per week at a private or commercially-sponsored agency that provides physical activities which include those certified by the superintendent to be of high quality and well supervised by appropriately trained instructors. Students certified to participate at this level **may not** be dismissed from any part of the regular school day.

Application Procedure (Students)

- Students may be scheduled for Health Fitness classes based on their physical education requirement needs until OCHF Program approval has been granted.
- **Students involved in SBISD Athletics cannot be enrolled in the off-campus Health Fitness program – UIL rules specifically prohibit students from being enrolled in more than one physical education and/or athletic class.**
- Students may access the OCHF Program Application, online only, beginning March 1st at <https://www.springbranchisd.com/studentsfamilies/support-services/healthfitness/health-fitness/off-campus-health-fitness> . If you do not have access to the online application, please see your campus counselor to assist with the application.
- Agencies **MUST** be on SBISD's Approved Agency List. These will be listed in the drop down box in the online application where you choose a facility.
- Counselors will conference with students to discuss graduation requirements and scheduling needs, and will communicate that students will stay enrolled in the appropriate Health Fitness class, if necessary, until the application is approved.
- The OCHF Program Application must be submitted on the SBISD website before the first day of the new school year. Changes and additions may be made until November 30th.
- OCHF will be displayed on students' schedules and report cards.
- Parents and students should confirm that OCHF appears on students' schedules at the beginning of each semester and that students have received a grade on their report cards.
- **Schools may place an "I" or "F" on students' report cards if Agencies do not submit students' grades and/or attendance by the appropriate deadlines.** If this should happen, please contact the student's registrar or the Director of Health Fitness – leslie.wylie@springbranchisd.com
- A new OCHF Program Application must be submitted each school year.

Student/Parent Responsibilities

- Students may only participate with one agency/instructor at a time.
- Students must participate 15 hours per week for Category I or 5 hours per week for Category II at the approved agency from the beginning of each semester and continue through the entire semester (total of 18 weeks) or transfer into a general Health Fitness class to receive 0.5 credit for Health Fitness. For the OCHF Program, each hour of student participation is equivalent to one day of attendance or absence.

Absences:

- A student who has a total of more than the equivalent of 8 days absences in a semester will not receive credit for the semester. If a student is accumulating the required number of hours in less than five days a week; each absence would count as 1 ½ or 2 days depending on the number of hours missed on that day. A student can make up missed days.
- **A student's absences must be recorded on the Credit Verification form which is sent to the director of health fitness at the end of every six/nine weeks grading period by email or online document.**
- Students must continue to go to their agency and do alternative learning activities even if he/she is injured. A doctor's note must be given to the instructor with details describing what the student can and cannot do and when full participation is expected.
- Parents must insure that the establishment they chose for their child is a safe and secure facility. Approval of an establishment by SBISD personnel is only based on the establishment meeting the criteria for an off campus Health Fitness substitution. It is by no means an endorsement by Spring

Branch ISD. Spring Branch ISD will maintain or ask for criminal background and fingerprint checks. It is the parents' responsibility to ensure a safe environment for their child.

Agency Responsibilities:

- The Agency must designate an OCHF Agency Coordinator who will be solely responsible for training all instructors to ensure that all OCHF Program requirements are being met.
- The Agency and OCHF Agency Coordinator will be interviewed and asked to provide the documentation listed on the application before being approved.
- Agencies must provide a clean and safe environment in which students are "well supervised," meaning that the instructor must be present at all times during the scheduled activity to provide guidance and instruction, and to ensure safety.
- Agencies must provide an alternative place and plan for students participating in the OCHF Program when there is inclement weather.
- Competition/Game participation may not count towards Category I or Category II required hours.
- The Agency will be dismissed from the OCHF Program if there is evidence that OCHF Program criteria and/or requirements are not being met.

Agency Coordinator and Instructor Responsibilities:

- The OCHF Agency Coordinator must ensure that all instructors are "appropriately trained" for Category II or "exceptionally trained" for Category I, meaning that the Agency must provide certification and/or documentation of instructor training and experience.
- The OCHF Agency Coordinator must ensure that all instructors teach and discuss the agreed upon Physical Education TEKS during scheduled practices or scheduled OCHF Program instruction time.
- The OCHF Agency Coordinator must ensure that all instructors provide the required documentation (students' hours of participation and six/nine weeks grade of pass or fail) to the student wellness department **on or before the last day of each reporting period.** SBISD will provide a copy of the school year calendar and the grading report period dates prior to the start of the school year. The calendar and grading deadlines may also be accessed at www.springbranchisd.com. The OCHF Agency Coordinator must provide evidence of student attendance upon request.
- The OCHF Agency Coordinator must notify the student wellness department if students choose to transfer into a general health fitness class or Athletic class and/or do not meet the 90% attendance requirement. For the OCHF Program, one hour of participation is equivalent to one day of attendance or absence. Agencies may round down (1.5 hours missed = 1 day of absence).
- The OCHF Agency Coordinator must provide SBISD with current instructor contact and certification information as needed.

SBISD Health Fitness Department will make unannounced site visits and will be expecting to see evidence of learned Physical Education TEKS. SBISD will be looking for skill development, learned physical activity and health concepts and social development by observing students participating in appropriate activities. The SBISD Health Fitness Department will give one warning to the Agency for non-compliance of the OCHF Program requirements. If a second breach of OCHF Program requirements occurs, the SBISD Health Fitness Department will dismiss the Agency from the OCHF Program.

**APPROVED PHYSICAL ACTIVITIES
OFF-CAMPUS HEALTH FITNESS (OCHF)**

- The following activities are considered for approval:

Aquatics	Lacrosse
Archery	Martial Arts
Badminton	Ninja Warrior
BMX Motocross	Polo
Bobsleigh	Rock Climbing
Boxing	Rowing
Canoe/Kayak	Rugby
Curling	Sailing
Cycling	Shooting
Dance (MS Only)	Skating
Equestrian	Squash
Fencing	Surfing
Golf (MS Only)	Table Tennis
Gymnastics	Tennis (MS Only)
Handball	Weight Lifting
Hockey- Field & Ice	Wrestling

- A waiver will not be considered for participation in a sport for which the District fields a University Interscholastic League (UIL) team. Health fitness credit will be given for participation in non-UIL activities on campuses that sanction a club in that activity.
- The District offers the following UIL Sports.
A waiver will be given consideration for approval at the middle school level in a UIL sport that is not offered until high school. **The following sports CANNOT be considered as Off-Campus Health Fitness Programs:**

<u>Middle School</u>	<u>High School</u>
Baseball	Baseball
Basketball	Basketball
Cross Country	Cross Country
Football	Dance
Soccer	Football
Softball	Golf
Track & Field	Soccer
Volleyball	Softball
	Swimming & Diving
	Team Tennis
	Tennis
	Track & Field
	Volleyball