

Bowling Green City Schools ***Credit Flexibility for Physical Education***

****This flex plan, upon completion, may earn high school credit of Physical Education. Starting with the class of 2014, all students must earn ½ credit of Physical Education to graduate from Bowling Green High School. ****

This course provides students the opportunity to pursue personal fitness goals using activities that are scheduled outside of the school day. Students will submit a Credit Flexibility Plan along with the Fitness Proposal to your guidance counselor. This proposal must identify two or more personal fitness goals and the activities that will be pursued to achieve these goals. Participants will keep a personal fitness activity log to reflect on their activities. Students in the class of 2014 must chose a minimum of three activities involving a minimum of 20 hours in each one (total minimum hours =60 hours) to earn ¼ credit of PE. Students in the graduating classes of 2013, 2012, 2011 must chose a minimum of three activities involving a minimum of 20 hours in each one (total minimum hours =60 hours) to meet their graduation requirement. Students are responsible for any costs, should they choose activities that require a fee. Each student must secure a **qualified** mentor who will oversee his or her activity and document physical activity time. The mentor must initial the daily activity log and sign to verify total activity hours at the bottom of the log. Parents cannot mentor their students. All hours must be completed during specified semester on the application form.

Guidelines:

You must have a mentor to sign-off on your activities as you work on your hours. The mentor must verify daily activities and sign-off on the completed activity log. Most preseason activities for athletic teams may count towards your personal fitness requirements. You cannot count hours associated with a coach who is using the time as their allotted number of coaching days in the summer.

If you are attending a camp as an activity, a copy of the brochure and application for the camp needs to be attached to the completed activity log.

How to Sign Up for Personal Fitness:

1. Pick up the Credit Flexibility Proposal and Guidelines packet with the Fitness Proposal from Guidance or print off the Guidance website.
2. Complete the Credit Flexibility Proposal and Fitness Proposal.
3. Submit Credit Flexibility Proposal and Fitness Proposal to Guidance to be given to principal for approval prior to starting hours.
4. Complete Personal Fitness Activity Log for each activity. The approved mentor must initial all hours as you complete them and then total hours signed for by the approved mentor.
5. Completed Activity Logs should be turned in to the guidance counselor prior to the end of the semester for which Personal Fitness was scheduled.

Bowling Green High School

Personal Fitness

Rubric

	CONTENT	MENTOR	EVALUATION
A	1. Application and proposal approved by supervising teacher. 2. Fitness Goals clearly stated. 3. Activity log hand written and organized. 4. 80 hours of project involvement proven in activity log. 5. Personal Fitness plan is based on goals, plan of action, assessments, and final evaluation. 6. A minimum of three activities involving a minimum of 20 hours in each must be completed.	1. Professional mentor in specific area. 2. 80 hours of physical activity time is documented and verified by mentors.	1. Completion of activity log and verification of hours by mentor.
B	1. Application and proposal approved by supervising teacher. 2. Fitness Goals clearly stated. 3. Activity log hand written and organized. 4. 70 hours of project involvement proven in activity log. 5. Personal Fitness plan is based on goals, plan of action, assessments, and final evaluation. 6. A minimum of three activities involving a minimum of 20 hours in each must be completed.	1. Professional mentor in specific area. 2. 70 hours of physical activity time is documented and verified by mentors.	1. Completion of activity log and verification of hours by mentor.
C	1. Application and proposal approved by supervising teacher. 2. Fitness Goals clearly stated. 3. Activity log hand written and organized.' 4. 60 hours of project involvement proven in activity log. 5. Personal Fitness plan is based on goals, plan of action, assessments, and final evaluation. 6. A minimum of three activities involving a minimum of 20 hours in each must be completed.	1. Professional mentor in specific area. 2. 60 hours of physical activity time is documented and verified by mentor in activity log.	1. Completion of activity log and verification of hours by mentor.

PERSONAL FITNESS PROPOSAL:

(Must be completed and submitted to guidance counselor prior to the last day of school preceding the semester you plan to complete credit).

Student Name _____

Address _____

Phone _____ Date _____

E-mail _____

Parent's Name: _____

Please check or write two or more fitness goals you wish to achieve through this course.

- ☐ Cardiovascular Fitness
- ☐ Muscular Strength
- ☐ Muscular Endurance
- ☐ Flexibility
- ☐ Body composition and weight control
- ☐ Flexibility
- ☐ Coordination
- ☐ Balance
- ☐ Reaction Time
- ☐ Agility
- ☐ Power
- ☐ Speed
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Please list at least three activities that will assist you in achieving the above goals. You must obtain at least a minimum of 20 hours in each activity for that activity to count towards the required hours. All activities that have less than 20 hours will not be counted towards the required hours.

1. _____
2. _____
3. _____
4. _____

Bowling Green School Personal Fitness Proposal

Student Name _____ Year in School _____

Date Form Submitted _____

A. Plan of Action

1. Proposed amount of time to be spent on the study and which semester (circle one)
 - a. Summer and first semester for $\frac{1}{4}$ credit (minimum 60 hours)
 - b. Second semester for $\frac{1}{4}$ credit (minimum 60 hours)
 - c. Full year hours for $\frac{1}{2}$ credit (minimum 120 hours)
2. Attach the Personal Fitness Proposal for undertaking this project.
3. Additional comments by the student or teacher:

-
4. Application deadline is: last day of school preceding the semester you plan to complete plan

Turn Personal Fitness package into the Guidance Office.

Signature of Student

Date

Signature of Parent/Guardian

Date

Signature of Principal

Date

Signature of Teacher of Record

Date

Outside providers presented by parents to provide services to a student under an educational option plan and who will have unsupervised access to a student for other than momentary or incidental periods, or who will at any time be providing transportation to the student, shall be required to provide the results of a BCI/FBI criminal record check which is not more than one year old. Costs for any required records check shall be borne by the parent/guardian or by the provider. The parent/guardian of a student who, under an educational option plan, is to receive educational services from non-school personnel may be required to sign a waiver and release of claims, on behalf of themselves and their minor child, for harm or injury arising from the conduct of such non-school provider.

*** BCI/FBI clearance for all mentors must be submitted to the principal prior to final approval of this plan. ***

MENTORS

Print Name	Signature	Qualifications	Phone Number	BCI/FBI submitted	E-mail Address

PERSONAL FITNESS ACTIVITY LOG

Name _____

Goals _____

Activity _____ Proposed Hours _____

Mentor _____

Phone _____

E-mail _____

*Separate sheet for each activity

Day	Hours	Activity	Mentor Initials

Mentor must sign for total hours.

Mentor Signature

Verified Total Hours

PERSONAL FITNESS ACTIVITY LOG

Name _____

Goals _____

Activity _____ Proposed Hours _____

Mentor _____

Phone _____

E-mail _____

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Day	Hours	Activity	Mentor Initials

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Verified Total Hours