

Individual Sports/Fitness Exam for Credit Information

Due to the strenuous physical nature of the Physical Education exam, it will be administered in three sections as outlined below.

Section 1 – Written Exam, Saturday, April 27th, 2024 (Approximate time 8:30 – 10:00 am)

The individual Sports/Fitness Test will be a written exam administered with all other Exam for Credit exams at 9:00 am on April 27th at Adams High School.

Teachers immediately scan the results as students complete the written portion of the test. Students who pass this portion of the exam with a 77% or higher will proceed to Section 2.

Section 2 – Personal Fitness, Saturday, April 27th, 2024 (Approximate time 10:00 – 11:00 am)

This portion of the exam will include jogging, sit-ups, push-ups, curl-ups, and BMI calculation. It will be administered at the Adams High School track immediately following the written exam.

Students must wear appropriate gym attire and sneakers. They should bring a bottle of water, and if it is a hot day, we suggest sunscreen and a hat.

Students who pass the Personal Fitness section of the test with a 77% or higher will be given a 20-30-minute break before attempting Section 3. Students may bring a snack/lunch to eat at this time if they wish.

Section 3 – Fitness and Skills Assessment, Saturday, April 27th, 2024 (Approximate time 11:30 am – 2:30 pm)

The Skills portion of the exam consists of demonstrating skills in swimming, basketball, and tennis.

Students should wear proper gym attire and sneakers. They should also bring a swimsuit or swim trunks, goggles (recommended), and a towel. Again, sunscreen and a hat are recommended if it is a hot day.

For the Personal Fitness and Skills portions of the Exam for Credit, students must meet the minimum standard that has been set for each test item in order to earn credit for that item.