Physical Education Exam for Credit Information

Test Date: Wednesday, December 3rd

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 (Approximate time 3:30 – 5:00PM)

The individual Sports/Fitness Test will be a written exam administered with all other Exam for Credit exams at Rochester High School.

Teachers scan the results for the students' 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 – Fitness (Approximate time 5:00 – 6:00PM)

This portion of the exam will include a cardiovascular test, push-ups, curl-ups, and three stretch/endurance tests. The test will be administered in the gym immediately following the written exam.

Students must wear appropriate gym attire and sneakers. They should also bring a bottle of water.

Students who pass 5 or more of the 6 fitness components of the Fitness portion 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 to eat at this time if they wish.

Section 3 – Sports Skills Assessment (Approximately time 6:30 – 8:30PM)

The Sports Skills portion of the exam consists of demonstrating skills in basketball, tennis, volleyball, and soccer. The test will be administered immediately following Section 2.

Students should wear proper gym attire and sneakers.

For the Sports Skills portions of the Exam for Credit, students must meet the standard for 10 of the 12 Sports Skills components of the test with a score of 77% or higher.

If the student passes all 3 sections with a score of 77% or better, then they will earn credit through the exam for Physical Education.