

Physical Education Guidelines

Introduction

The following document contains information that pertains to Physical Education classes and the granting of proficiency-based waivers for specific classes. A committee of current Physical Education Teachers, Health Department Employees, and District Administrators met to discuss different options for students to complete required courses. In May 2017, the Utah State Board of Education approved these guidelines to determine physical education credit for each secondary grade level. In November 2021, technical updates were made to this document to align with current rule and policy.

Discussion Points

State Board Currently Required Course Work

Board Rule R277-700-5.4: Middle School Requirements

- Physical Education (at least one course in grades 7 or 8)
 - 7th, Beginning Fitness, Team Sports Skills & Dance (04-02-00-00-020)
 - 8th, Intermediate Fitness, Team Sports Skills & Dance (04-02-00-00-050)
 - 6th-9th, Physical Education, Middle School Elective (04-02-00-00-055)
 - 7th-8th, Physical Ed Middle School Ind Study (04-02-00-00-057)
 - 6th-8th, Adapted Physical Education SPED (6-8) (04-02-00-23-081)
 - 6th-12th, Physical Education (6-12) (04-02-00-00-080)
- Health Education (one course total)
 - 7th-8th, Health Education I (04-01-00-00-001)
 - 6th-8th, Health Education I (6-8) – SPED (04-01-00-23-001)

Board Rule R277-700-6.13: High School Requirements

- Health Education (0.5 units of credits)
 - 9th-12th, Health Education II (04-01-00-00-010)
 - 11th, IB Sports, Exercise & Health Sci SL1 (04-01-00-00-040)
 - 12th, IB Sports, Exercise & Health Sci SL2 (04-01-00-00-040)
- Physical Education (1.5 units of credit from each of the following)
 - Participation Skills (0.5 units of credit)
 - 9th-12th, Physical Education High School (04-02-00-00-056)
 - 9th-12th, Physical Education HS Ind Study (04-02-00-00-058)
 - 9th-12th, Participation Skills & Techniques (04-02-00-00-060)
 - Fitness for Life (0.5 units of credit)
 - 9th-12th, Fitness for Life (04-02-00-00-030)
 - Individual Lifetime Activities (0.5 units of credit)
 - 11th-12th, Advanced Ind Life Activities (04-02-00-00-010)
 - 9th-12th, Drill Team (04-02-00-00-025)
 - 9th-12th, Individual Lifetime Activities (04-02-00-00-040)
 - Team sport/athletic participation (maximum of 0.5 units of credit with school approval)

Physical Education Recommendations

Middle School Requirements (at least one of the following)

- Grade 7: Beginning Team Sports can be met by any of the following:
 - Completing a standards-based course offered with the school they are currently enrolled.
 - School sponsored and approved athletic participation.
 - Completing a course which has undergone a Proficiency Standards Review provided by the district that adheres to approved 7th grade standards.
- Grade 8: Intermediate Team Sports can be met by any of the following:
 - Completing a standards-based course offered with the school they are currently enrolled.
 - School sponsored and approved athletic participation.
 - Completing a course which has undergone a Proficiency Standards Review provided by the district that adheres to approved 8th grade standards.

High School Requirements (1.5 units of credit from each of the following)

- Participation Skills and Techniques (0.5 units of credit) can be met by any of the following:
 - Completing a USBE standards-based course offered in person (or online if approved by the LEA).
 - Completing a demonstrated competency option available through the district or state.
 - Completing a standards-based course or activity approved by the LEA that passes a Proficiency Standards Review as defined below.
 - UHSAA Athletic Participation
- Fitness for Life
 - Completing a standards-based course offered in person or online approved by the LEA.
 - Completing a demonstrated competency option available through the district or state.
- Individual Lifetime Activities (0.5 units of credit) can be met by any of the following:
 - Completing a USBE standards-based course offered in person (or online if approved by the LEA, including the ILA Supplemental Standards in Dance, Outdoor Recreation, Strength and Conditioning, and Yoga.
 - Completing a demonstrated competency option available through the district or state.
 - Completing a standards-based course or activity approved by the LEA that passes a Proficiency Standards Review as defined below.
 - UHSAA Athletic Participation
 - Completing an Alternative Program approved by the LEA that may be offered and taught by individuals outside the physical education department.

Definitions

Demonstrated Competency – District and/or state issued assessment and/or other process used to determine subject knowledge and core standard proficiency.

Proficiency Standards Review (for courses and activities under the jurisdiction of the school) – District and/or state designed rubric aligned with current core standards to determine the awarding of credit.

Alternative Program to Expand Student Opportunities (for courses taught outside of the jurisdiction of the school) –With approval of the LEA, Individual Lifetime Activities courses may be offered and taught by individuals outside the physical education department. Teachers of these activities must be certified specialists in the activities they teach and must have current cards for First Aid and CPR. This also applies to courses students may take in the community or at local colleges or universities during the summer months.

PHYSICAL EDUCATION REQUIREMENTS: 1.5 UNITS OF CREDIT

SUMMARY OF OPTIONS AVAILABLE

OPTIONS FOR CREDIT	FITNESS FOR LIFE (0.5)	PARTICIPATION SKILLS AND TECHNIQUES (0.5)	INDIVIDUAL LIFETIME ACTIVITIES (0.5)
USBE STANDARDS BASED COURSE/LEA APPROVED ONLINE	9 th -12 th , Fitness for Life (0402-00-00-030)	9 th -12 th , Physical Education High School (04-02-00-00-056) or; 9 th -12 th , Physical Education HS Ind Study (04-02-00-00-058) or; 9 th -12 th , Participation Skills & Techniques (04-02-00-00-060)	11 th -12 th , Advanced Ind Life Activities (04-02-00-00-010) or; 9 th -12 th , Individual Lifetime Activities (04-02-00-00-040)
DEMONSTRATED COMPETENCY	YES	YES	YES
PROFICIENCY STANDARDS REVIEW	NO	YES	YES
UHSAA ATHLETIC PARTICIPATION	NO	YES	YES
ALTERNATIVE PROGRAM	NO	NO	YES

UHSAA Athletic Participation Guideline

If a student participates in a complete season of a UHSAA sanctioned sport and the LEA determines the sport aligns with the course standards, the LEA may award the student 0.5 units of PE credit. If the student completes an additional season with a different sport and the LEA determines the sport aligns with course standards, the LEA may award the student another 0.5 units of PE credit. UHSAA athletic participation may be awarded for Participation Skills and Techniques and/or Individual Lifetime Activities. Athletic participation credit does not apply to Fitness for Life credit.