

Independent Study Physical Education Program

Students who participate in organized physical activities and have proven to be **elite athletes** in their particular activity may be exempted from the school district physical education classes if they enroll in the District-approved Independent Study Physical Education Program (ISPE). Participation in the ISPE program shall be determined solely by the District.

The designation as an **elite athlete** means that a student competes at the highest level within his/her sport or activity. The number of elite athletes within the District may vary annually but prior trends suggest that few students will meet this standard each year. Students who compete on an Olympic team or Olympic development team may be designated as an elite athlete. Elite athletes may compete professionally or internationally, depending upon their particular sport or activity. Elite athletes may be forced to maintain a schedule for practice or competition that conflicts with regular school attendance. Some elite athletes travel to international competitions or train at designated facilities outside the Bay Area.

Participation in “club sports” does NOT serve as a minimum standard for determining if a student is an elite athlete. Some elite athletes may choose to participate in club sports or school teams in addition to their other training but participation in club sports will not be taken into consideration in the qualification process.

Participation in the ISPE program shall be made by the Associate Superintendent for Educational Services. The Associate Superintendent may confer with other appropriate school personnel to determine if a student qualifies as an elite athlete. Applications shall be submitted to the Associate Superintendent for Educational Services at least two weeks prior to participation in ISPE. Students will be notified by the District after a decision has been rendered regarding their participation.

Qualifications: To qualify for enrollment in ISPE, the student:

- must not have completed the twenty (20) semester units of physical education required for graduation from the Mountain View Los Altos High School District;
- must qualify as an “elite athlete,” as defined by the District, and must provide documented evidence of participation at an elite level of performance;
- must participate in an approved ISPE program for 18 weeks per semester, for a total of 180 hours, under the supervision of the Sponsoring Agency;
- must keep a weekly attendance log that accurately accounts for hours of participation and activities, which is signed at the conclusion of each semester by the Sponsoring Agency, the student and the student’s parent/guardian and is submitted to the Assistant Principal by the date designated in the acceptance letter for ISPE.

General Enrollment Procedures: Students must submit a completed ISPE application to the Associate Superintendent for Educational Services at least two weeks prior to participation. The completed Independent Study Physical Education Agreement must include the signatures of the student, parent, and authorized supervising coach or agency, as well as the completed Qualification Checklist.

Monitoring and Evaluation: Students, parents, and the Sponsoring Agency must adhere to the requirements of the ISPE program and sign their sections of the agreement. Evaluation of students will be the responsibility of the Sponsoring Agency and the Mountain View Los Altos High School District.

Students will receive a Pass/Fail grade. Students who are in the program for eighteen (18) weeks, complete a minimum of one-hundred eighty (180) hours of supervised practice, competition, and/or performance, and turn in the activity log sheet by the announced deadline will receive five (5) physical education credits toward the graduation requirement of twenty (20) credits. Not meeting the conditions of the agreement will result in a failing grade and zero (0) credit.

Independent Study Physical Education

This program is authorized under Governing Board Policies 6146.1, 6146.11 and 6158.

- BP 6146.11 authorizes the superintendent to grant credit toward graduation for college courses and private instruction attended by district students.
- BP 6158 recognizes Independent Study as an optional alternative instructional strategy by which students may reach curriculum objectives and fulfill graduation requirements. Independent Study shall offer a means of individualizing the educational plan for students whose needs may best be met through study outside of the regular classroom. Independent Study may be offered only to students who can achieve in this program as well as or better than they would in the regular classroom.
- BP 6146.1 authorizes the principal to grant credit toward high school graduation for private instruction and course work completed by agreed upon alternative means.

Participation in ISPE shall be determined solely by the District's representative. A student may appeal a determination for participation in ISPE to the Superintendent. The Superintendent shall render a final determination within 30 days of receipt of the appeal. The determination of the Superintendent shall be final.

Special Education students and 504 students whose IEP or personal learning plans include provisions to complete their PE requirement in an alternative setting are exempted from the criteria set forth in the checklist.

Independent Study is not intended to supplant curriculum available at the high school.

Failure to meet the requirements of the Independent Study Physical Education Agreement will render a student ineligible to continue in the program during subsequent semesters.

Note: Before credit is granted, ninth and tenth grade students will be required to demonstrate that they can pass the California Physical Fitness test administered in April/May.

Physical Fitness Test Categories/ Expected 9th
Grade Outcomes

1. Aerobic capacity
 - PACER (Progressive Aerobic Cardiovascular Endurance Run)
 - One-Mile Run
 - Walk Test (only for ages 13 or older)
2. Abdominal strength
 - Curl-Up
3. Trunk extension
 - Trunk Lift
4. Upper body strength
 - Push-Up
 - Modified Pull-Up
 - Flexed-Arm Hang
5. Flexibility
 - Back-Saver Sit and Reach
 - Shoulder Stretch
6. Body composition

Physical Education Content Areas

Education Code 51220(d) and 33352(b)(7) require that an LEA offer a course of study in physical education for grades nine through twelve that includes instruction in eight areas over the span of the physical education classes offered as part of the school's course of study.

1. The effects of physical activity upon dynamic health
2. Mechanics of body movement
3. Aquatics
4. Gymnastics and tumbling
5. Individual and dual sports
6. Rhythms and dance
7. Team sports
8. Combatives

Mountain View-Los Altos Union High School District
PRIVATE INSTRUCTION PHYSICAL EDUCATION
QUALIFICATION CHECKLIST

NOTE: Please check off each requirement to be met providing evidence that can be collected and assessed. Attach any supporting documents.

1. The student has prior experience in the activity. Qualifying experience is year-round instruction/training on 5-6 days per week average.

Evidence:*

*Examples of acceptable evidence include:

- Log of previous experience
- Letter signed by Coach/Supervising Instructor indicating years of experience and the average workout (type and length) each week

2. The activity involves skill improvement sessions 5-6 days per week.

Evidence:*

*Examples of acceptable evidence include:

- Description of skills improvement sessions signed by Coach/Supervising Instructor

3. The activity will occur under the supervision of a Supervising Instructor/Coach who has the appropriate training and expertise to provide the level of instruction required for the activity.

Evidence:*

*Examples of acceptable evidence include:

- Letter/Resume from Coach/Supervising Instructor indicating his/her training & expertise

4. The student practices/trains a minimum of 10 hours per week under appropriate supervision.

Evidence:*

*Examples of acceptable evidence include:

- Note signed by Coach/Supervising Instructor and student committing to this requirement

5. During the course of the year, the student will participate in advanced level competitions and performances, in accordance with the District's definition of an "elite athlete."

Evidence:*

*Examples of acceptable evidence include:

- Ribbons, awards, plaques from competitions
- Official ranking at professional/national, or Olympic levels

6. For students in grade 9, please describe how the Physical Fitness Outcomes/Test Categories can be met through the activity (see page 3). Other grade levels, please indicate which of the eight required areas of instruction are addressed through this activity.

Evidence:

*Examples of acceptable evidence include:

- Essay or other writing that describes how your athletic activity meets the Physical Education Outcomes.

INDEPENDENT STUDY PHYSICAL EDUCATION AGREEMENT

Name of Student: _____
(Last) (First)

Sport/Activity: _____ Email Address: _____

Major Objectives/Outcomes for the Activity: _____

Anticipated Dates for this Activity: _____

Grade Level: _____ Counselor: _____

Semester/Year: _____ Date of Application: _____

STUDENT AGREEMENT:

I understand and agree to assume the responsibilities described in this agreement.

Student signature: _____ Date: _____

PARENT AGREEMENT:

I request that the independent study physical education activity in this agreement be approved for my child. I certify that my child's program meets all of the qualifications on the Independent Study Physical Education Checklist and will provide additional evidence if requested.

Parent/Guardian signature: _____ Date: _____

INSTRUCTOR/COACH AGREEMENT:

Name of Instructor/Coach: _____

Organization: _____

Address: _____

Please describe your expertise, experience, and training in coaching or instructing this activity: _____

INSTRUCTOR COACH AGREEMENT:

I believe the objectives that have been identified for Independent Study by the student named in this agreement can be achieved, and I agree to supervise the student’s Independent Study Physical Education activities as stipulated in the agreement. I further agree to complete and submit the attached Assessment and Evaluation Form at the end of the quarter and semester.

I understand that I must provide instruction that is appropriate and consistent with the expectations defined in the Physical Education Standards for California Public Schools.

Signature: _____ Date: _____

Phone Number: (Day) _____ (Evening) _____

Email: _____

This completed application must be submitted to the MVLA Associate Superintendent for Educational Services at least two weeks prior to participation in ISPE