

Intradistrict Communication

DATE: January 12, 2022

TO: High School Principals, Middle School Principals
High School Counselors, Middle School Counselors

FROM: Michael Anderson, Associate Superintendent
Travis Hamblin, Director of Student Services
Stacey Worthen, Secondary Counselor Consultant
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SUBJECT: Physical Education/Health Graduation Requirement

The Physical Education/Health requirements for graduation as approved by the Utah Board of Education are as follows:

UTAH STATE BOARD RULE R277-700-6-13: Physical and Health Education High School Requirements

High School Requirements can be met by completing standards-based course work offered in person or online approved by the LEA. The required 2.0 units of credit can be from any of the following approved courses:

- Health (0.5 units of credit)
 - 9-12 - Health Education II
 - 11 - IB Sports, Exercise & Health Science SL1
 - 12 - IB Sports, Exercise & Health Science SL2
 - OR
 - Completing a demonstrated competency option available through the district or state
- Participation Skills (0.5 units of credit)
 - 9-12 - Physical Education High School
 - 9-12 - Physical Education High School Independent Study
 - 9-12 - Participation Skills & Techniques
 - OR
 - Completing a demonstrated competency option available through the district or state
 - OR
 - Completing a demonstrated competency option approved by the LEA that passes a Proficiency Standards Review
- Fitness for Life (0.5 units of credit)
 - 9-12 - Fitness for Life

- OR
- Completing a demonstrated competency option available through the district or state
- Individualized Lifetime Activities (0.5 units of credit)
 - 11-12 - Advanced Individualized Lifetime Activities
 - 9-12 - Drill Team
 - 9-12 - Individual Lifetime Activities
 - OR
 - UHSAA Athletic Participation
 - OR
 - Completing a demonstrated competency option available through the district or state
 - OR
 - Completing a standards-based course or activity approved by the LEA that passes a Proficiency Standards Review as defined by the state
 - OR
 - Completing a Pilot Program approved by the LEA that may be offered and taught by individuals outside the physical education department

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.***

In Jordan District, Participation Skills and Techniques (PST) is only taught at the middle school level and is one of the required courses for 9th Grade students. However, in accordance with the requirements outlined by the Utah State Board of Education, principals may allow students to use the above options to fulfill the PST requirement. This means that a student may substitute either .5 Team Sports or .5 UHSAA Athletic Participation credit.

Team Sports is a semester-long course taught at the high school level. A student may earn Participation Skills credit and/or Individual Lifetime Activities credit by participating for a full season in one of the Utah High School Athletic Association sports teams. *The Utah High School Athletic Association team sports that students can participate in to fulfill the PST requirement include: baseball, cross country, golf, football, soccer, tennis, volleyball, basketball, drill team, swimming, wrestling, softball, track and field, lacrosse, marching band, and competitive cheer.* For each season in which he/she participates on a school athletic team, a student may earn .50 credit. A maximum of .50 PE credit may be earned in this manner. If a student participates for more than two seasons on a school athletic team, elective credit may still be awarded.

In order for a principal to approve one of these two options there must be extenuating circumstances, or a student's Plan for College and Career Readiness must show how it better meets the student's need. Written documentation should provide the reason for making the accommodation, the option which will be used, and the time frame for completing the PST option.