Course Title: Independent PE

Course #: 1952 (Fall) 1953 (Spring)

Course Description: An independent study physical education course requires personal accountability and maturity. Students in I.S.P.E. will be responsible for fulfilling the requirements of the I.S.P.E. contract, which include completion of all workout logs, and submission of all reports. Per state requirements students must meet the 400 minutes every 2 weeks over the course of the school academic semester fall or spring to receive credit. School approved physical education courses provided via independent study may generate both academic and apportionment credit.

UC/CSU Approval: Not UC approved

Grade Level: 9-12

Estimated Homework Per Week: 200 minutes

Prerequisite: The Independent Physical Education program is offered for (1) exceptionally gifted, state or regionally ranked athletes, (2) students wishing to take an advanced level in a sport we are not currently offering, (3) To provide an alternative for students who have an impacted schedule who are in special academic support programs (i.e. Learning Center/Academic Coaching), (4) students with medical conditions, or (5) students who need additional credits to meet their graduation requirements beyond the 70 credits per year. Independent PE does not include PE/Wellness for grades 11-12.

Recommended Prerequisite Skills: None

Course Grade Scale: Credit/No Credit

Major Assessments/Units/Topics:

Students must take and complete a physical assessment prior to beginning course. The fitness assessment test consists of:

- 1 mile timed run
- Timed push ups and sit ups
- Pull ups
- Shuttle run
- BMI measurement

Topics are chosen by the student and will meet the criteria set up by the instructor. Options include but are not limited to:
- Aerial Dance
- Archery
- Bicycle (e.g. BMX, racing, jumping, mountain)
- Boating
- Bob-sledding
- Boxing
- Brazilian Jiu Jitsu
- Equestrian
- Fencing
- Hockey
- Martial Arts
- Parasailing
- Roller blading
- Skating
- Sailing
- Skiing
- Surfing