HOPE Academy – External Physical Education Credit Guidelines

Physical Education credit can be awarded from courses, sports programs, and activities, external from those offered in the HOPE Academy course curriculum and on-site participation, if the following criteria is met:

- 1. A description of the course, sports program or activity is provided on form.
- 2. Falls within one of the tenants of "physical activity" listed below:
 - a. Effects of physical activity upon dynamic health
 - b. Mechanics of body movement
 - c. Aquatics
 - d. Gymnastics and tumbling
 - e. Individual and dual sports
 - f. Rhythms and dance
 - g. Team sports
 - h. "Combatives" (Hand-to-Hand Combat, Self Defense, or Mixed Martial Arts Programs)
- 3. Time log is completed, initialed, and signed by a reputable individual, validating the course, sports program, or activity.
- A minimum of 18 hours of activity must be completed to receive credit. (It is preferred that a
 consistent type of course, sports program or activity is completed, but multiple events can be
 considered).
- 5. Request, participation, and approval for credit is completed within one school year.
- 6. No more than 1.0 credit can be awarded to any student during their 9-12th grade years.

TIME LOG for PARTICIPATION

Description of Course/Sport/Activity			Description of Course/Sport/Activity		
Date	Description	Amount of Time	Date	Description	Amount of Time

Signature of Validating Individual #1 _	Date:	
Signature of Validating Individual #2 _		Date: