

Independent Study Options for the Mandated Requirement In Physical Education

This option is available to students in grades 9-12 who demonstrate a need to exercise this option based upon academic and/or medical reasons which prohibit participation in the regular physical education program.

Guidelines for Eligibility: (eligible candidates **must** meet **at least 1** of these guidelines)

The student is enrolled in grade 9-12, and who demonstrates the need to exercise this option based upon a valid educational plan.

1. The student is being home tutored for 6 weeks or longer.
2. Long-term suspension from school.
3. The student is unable to participate in the regular, modified regular, or adaptive physical education class for 6 weeks or longer due to a documented medical condition(s).
4. Students in need of Physical Education Graduation Credits.
5. Students enrolled in satellite programs.

OPTION 1- Independent Study- Active Participation Program:

Students accepted for this option must present a valid physical activity plan for approval or be participating in an instructional, recreational, or physical rehabilitative program that promotes physical activity a minimum of 2hrs/week for the period of time this option is exercised, up to a maximum of 40 weeks.

Procedures:

1. The student will meet with his/her guidance counselor to determine eligibility for this program.
2. The student will complete a contract form, which will be provided by the Director of Physical Education.
3. The student for administrative approval will forward the completed contract to the Director of Physical Education **after all signatures has been obtained.**
4. The Director of Physical Education will meet with the student, whenever possible, to review the contract agreement and set conditions for participation in this option. If the student's situation is such that a meeting is prohibitive, conditions for participation and all necessary documentation will be forwarded to the student through the mail or with his/her tutor.
5. The student must submit all required documentation provided to the **Director of Physical Education by the dates specified on the documentation forms.**

OPTION 2- Physical Education Project

This option is only available to students who are unable to participate in physical activity due to a documented medical, psychological, or emotional condition. Students, accepted for this option, must choose a topic from the list provided and complete a written project. One topic must be chosen for each marking period the student is unable to participate in the regular physical education or independent, active participation program.

Written projects must:

1. Be typed and double-spaced.
2. A minimum length of 1 page for each week the student participates in the independent study option. Example: 5 weeks= 5 pages.
3. Be in your own words.
4. Thoroughly discuss or explain all aspects of the topic chosen.
5. Include a bibliography of resources used.

Physical Education Project Topics (Choose 1 topic/quarter)

1. Define the following components of personal wellness and develop a personal profile with a stated fitness/wellness goal(s) for each component:
 - a) Nutrition/weight control
 - b) Disease prevention
 - c) Stress management
 - d) Physical Fitness
 - e) Safety

Based upon your personal goals, discuss appropriate activities you would engage in to improve your current wellness level and how you would measure your progress.

2. Choose 2 components of personal wellness and design a fitness plan for a family member using these components. Include vital information; ex. Sex, age, health status...etc.
3. Describe the risks and preventative measures associated with being physically active in extreme heat and cold.
4. Identify responsible action and available resources that can be used in the event of accident or illness incurred during physical activity.
5. Describe the dangers of overexertion, hypothermia, and heat exhaustion in outdoor activities, with some preventative measures and first aid treatments for each.
6. You are the director of a sport camp of your choosing. You have 50 campers, ages 9-16, enrolled in your camp and a coaching staff of 5. Identify and plan a 2 hour activity that provides for the safety of the participants, taking into consideration the physical abilities of the participants, the type and condition of the facility(s), and the equipment available.
7. Identify and discuss the resources available in your community for participation in physical activities for the following age groups: a) elementary aged children b) middle/high school aged children and c) adults.
8. Identify and discuss a minimum of 5 career opportunities that exist in the field of sport and/or fitness. Include the required academic training and job responsibilities.

Ballston Spa

Educating Everyone Takes Everyone

C E N T R A L S C H O O L D I S T R I C T

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Grading/Issuance of Credit:

1. Students participating in either option will be graded on an **85/50** basis.
2. Upon the successful completion of the program option, verified through the student's submission of all required documentation by the dates specified to the Director of Physical Education, the student will receive a grade of **85** that will be averaged in as a percentage of the student's physical education grade for the marking period (10 wks.) in which he/she participated in this program. The weight given to the independent study grade will be based upon the number of weeks the student participated in this program during the marking period.

Examples:

- 1) A student who successfully completed this program for an **8-week period** would receive a grade of 85 that would count as **80%** of the student's physical education grade for that marking period.
 - 2) A student who successfully completed this program for a **15-week period** would receive a grade of 85 that would count as **100%** of the student's physical education grade for the first 10-week marking period and **50%** of the student's physical education grade for the next marking period.
3. Students who do not fulfill all requirements of this contract option will receive a grade of **50** that will be averaged in as a percentage of the student's physical education grade for the marking period (10 wks.) in which he/she participated in this program. The weight given to the independent study grade will be based upon the number of weeks the student participated in this program during the marking period.
 - 1) A student who did not successfully complete this program for an **8-week period** would receive a grade of 50 that would count as **80%** of the student's physical education grade for that marking period.
 - 2) A student who did not successfully completed this program for a **15-week period** would receive a grade of 50 that would count as **100%** of the student's physical education grade for the first 10-week marking period and **50%** of the student's physical education grade for the next marking period.