

Physical Education Guidelines

Introduction

The following document contains information that pertains to Physical Education classes and the granting of proficiency-based waivers for specific classes. A committee of current Physical Education Teachers, Health Department Employees, and District Administrators met to discuss different options for students to complete required courses. In May 2017, the Utah State Board of Education approved these guidelines to determine physical education credit for each secondary grade level. Technical updates were made to this document in 2021 and 2024 to align with current rule and policy.

Discussion Points

[Board Rule R277-700 The Elementary and Secondary School General Core](#) defines Health Education and Physical Education as core subjects that are required to be taught in grades K-6, middle school (at least one course), and high school graduation credits (1.5 Physical Education). R277-700 allows flexibility for middle school students to “substitute a course requirement with a course, extracurricular activity, or experience that is:

- a) similar to the course requirement; or
- b) consistent with the student's plan for college and career readiness.”

A local education agency (LEA) “shall ensure students master the Core Standards at all levels.”

State Board Currently Required Course Work

The following section lists the courses in each grade related to the Board Rule R277-700 and lists the corresponding course code to that course, including elective options upon completion of the core requirement.

Middle School Requirements

Board Rule R277-700-5.4: Middle School Requirements-.5 credit.
Students must complete 1 course in grades 7 or 8.

1. **Course**-Completing a standards-based course offered by the LEA where the student is currently enrolled or a course that has undergone a Proficiency Standards Review provided by the LEA that adheres to approved 7th or 8th-grade standards. The courses and codes are listed as follows:

- Beginning Fitness Team Sports Skills & Dance (04-02-00-00-020)
- Intermediate Fitness (8th) Team Sports Skills & Dance (04-02-00-00-050)
- Adapted Physical Education (grades 6-8) (04-02-00-23-081)
- Adapted Physical Education (grades 6-12) (04-02-00-23-080)
- Physical Education (grade 6) (04-02-00-00-080)

2. **Athletic Participation**-School-sponsored and approved athletic participation.

Middle School Elective Credit

Physical Education Student Elective (7-12 grades) (04-02-00-00-056)

High School Requirements

Board Rule R277-700-6.13: High School Requirements-1.5 credits.
Students must complete each of the following 3 courses.

1. **Fitness for Life-.5 units of credit**

Fitness for Life (04-02-00-00-030)

- Completing an in-person or online course based on USBE Core Standards.
- Completing a demonstrated competency option available through the district or state.

Athletic participation credit does not apply to Fitness for Life credit.



2. Participation Skills and Techniques- .5 units of credit

Participation Skills and Techniques Course (04-02-00-00-060)

- Completing an in-person or online course based on USBE Core Standards.
- Completing a demonstrated competency option available through the district or state.
- Completing a standards-based course or activity approved by the LEA that passes a Proficiency Standards Review as defined below.

Physical Education Athletic Credit (04-02-00-00-058) Team sport/athletic participation may receive a maximum of 0.5 credits *per sport* with school approval for Participation Skills and Techniques or Individual Lifetime Activities only. *See the Athletic Participation Guideline below.*

3. Individual Lifetime Activities-.5 units of credit

Individual Lifetime Activities Course (04-02-00-00-040)

- Completing an in-person or online course based on USBE Core Standards, including the ILA Supplemental Standards in *Dance, Outdoor Recreation, Strength and Conditioning, and Yoga*.
- Completing a demonstrated competency option available through the district or state.
- Completing a standards-based course or activity approved by the LEA that passes a Proficiency Standards Review as defined below.
- Completing an Alternative Program approved by the LEA that may be offered and taught by individuals outside the physical education department.

Physical Education Athletic Credit (04-02-00-00-058) Team sport/athletic participation may receive a maximum of 0.5 credits *per sport* with school approval for Participation Skills and Techniques or Individual Lifetime Activities only. *See the Athletic Participation Guideline below.*

High School Elective Credit Only Courses

- Advanced Individual Life Activities- (04-02-00-00-010)
- Physical Education Student Elective (7-12 grades)- (04-02-00-00-056)
- Athletic Skill Development- (4030000200)

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.

Definitions

Demonstrated Competency – District and/or state-issued assessment and/or other process used to determine subject knowledge and core standard proficiency.

Proficiency Standards Review (for courses and activities under the jurisdiction of the school) – District and/or state-designed rubric aligned with current core standards to determine the awarding of credit.

Alternative Program to Expand Student Opportunities (for courses taught outside of the jurisdiction of the school) –With the approval of the LEA, Individual Lifetime Activities courses may be offered and taught by individuals outside the physical education department. Teachers of these activities must be certified specialists in the activities they teach and must have current cards for First Aid and CPR. This also applies to courses students may take in the community or at local colleges or universities during the summer months.

Quick Guide for Physical Education Graduation Credit

Options for Credit	Fitness for Life (0.5 credits)	Participations Skills & Techniques (0.5)	Individual Lifetime Activities (0.5)
In-Person or Online Course Based on USBE Standards	Course as listed above	Course as listed above	Course as listed above
Demonstrated Competency	Yes	Yes	Yes
Proficiency Standards Review	No	Yes	Yes
UHSAA Athletic Participation	No	Yes	Yes
Alternative Program	No	No	Yes

Health Requirements

Please view the [Health Education](#) website for more information.

Elementary

Elementary Health Education K-6- (4010000020)

Middle School-.5 course credit

Health Education I (7-8 grade)- 4010000001

Health Education I (6-8 SPED)- 4010023001

Health I/Physical Education (year course)- 4050000010

High School-.5 course credit

Health Education II (9-12)- 4010000010

Health Education II (9-12 SPED)- 4010023010