

Santa Barbara Unified School District

Administrative Regulation

Instruction

AR 6158.1

INDEPENDENT STUDY PHYSICAL EDUCATION

Any independent study physical education (ISPE) shall be offered only in accordance with the district's policies regarding general independent study.

Course Requirements

Students shall participate in instruction, which may include competition or performance, for a minimum of fifteen hours every two weeks.

Students must submit a log of activity every two weeks to their ISPE coordinator, listing the days and hours of physical education activity. These logs must be signed by the student's ISPE instructor and by the student's parent/guardian. A standard log form shall be made available to students by the ISPE coordinator.

On the last week of each quarter/term, students shall submit a paper to the ISPE coordinator that indicates their self-assessment of their progress towards achieving the goals that they set in their ISPE application, as well as future goals if ISPE is to be pursued in the following quarter/term. At this time, ISPE instructors must also submit a statement that the student is making progress towards the student's stated goals.

All 7th and 9th grade students participating in ISPE must take the state-mandated California Physical Fitness Test during the district's testing period for that year. Students must contact the ISPE coordinator to set up a time to take the test.

Students will not be enrolled in an additional elective class to replace the regular physical education class.

Students in 11th and 12th grades who have completed their four semesters of physical education credit for graduating may enroll in ISPE as an elective if they meet the criteria.

Students shall receive letter grades for their participation in ISPE. In the event that a student drops their ISPE course during the school year, the student will be subject to the district's course drop policy.

Eligibility to Participate

A student may participate in ISPE only if all of the following requirements are met:

- The student must have submitted a complete ISPE application to the ISPE coordinator, and that application must have been approved.
- The student must have received at least a passing score on their most recent California Physical Fitness Test. If the student has never had the opportunity to take the California Physical Fitness Test, the test will be administered.
- The student must have received an academic, non-cumulative grade point average (GPA) of at least 2.0 in the most recent grading period and no conduct violations.

In addition, the student must meet the following criteria:

The student is an exceptionally gifted athlete who is competing at a state or national competition level. A student participating in a non-ranked activity must be in advanced level courses.

Program Coordinators

Each principal or designee must act as their school's ISPE coordinator, and perform the duties outlined in this policy and in the district's general independent study policies.

A committee of ISPE coordinators shall be formed that will meet to process ISPE applications each May. The committee shall have one representative from each school site.

Appeals Process

Appeals of decisions made by ISPE coordinators may be directed to the principal of the school site. Appeals of decisions made by principals may be directed to the Superintendent or designee.

Application

The district shall create an application for ISPE that describes the guidelines for participation, as outlined in this policy. The application shall constitute an independent study contract between the student and the student's school. Specifically, the application shall require the following:

- A parent/guardian letter of request stating the reason(s) that ISPE would provide a greater benefit to the student over a program offered by the school
- Parent/Guardian Release of Liability
- ISPE instructor's Statement of Responsibility, Hold Harmless Agreement and Certificate of Insurance
- A list of goals that the student intends to achieve through ISPE
- The distribution of hours of activity over an average (planned) week, and what will be accomplished during each day of activity over the course of that week
- Results of a physical examination performed by a licensed physician
- A portfolio, which include applicable evidence for meeting ISPE criteria such as: official competition records, results, or rankings; a calendar of competitive events; evidence of membership in an official league or athletic organization; copies of performance contracts; lists of competitive dance pieces; lists of advanced level course enrollment, or any other evidence of advancing rank.

The application shall apply to either one-half or one full year, depending on the agreement reached between the student and the school.

The deadline for all ISPE applications shall be the first school day in May preceding the school year for which the ISPE participation is to occur. This deadline applies regardless of the duration of the participation in the following school year.

Regulation: SANTA BARBARA UNIFIED SCHOOL DISTRICT
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