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.
4. 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: _____