

## Independent Study Physical Education (I.S.P.E.) Requirements

### San Dieguito Union High School District

1. Student participation on national, regional, district or community athletic team sports such as baseball, basketball, football, lacrosse, soccer, softball, volleyball will not be granted Independent Study P.E. credit. Per CIF 600.2.A
2. The I.S.P.E. courses must develop proficiency, knowledge, and skills that cannot be achieved within the in-school physical education program. Year long goals must be developed with the ISPE coach and student to reflect unique growth through their ISPE program and align with [California State Physical Education Standards](#) and [Physical Fitness Test](#) requirements.
3. The direct instruction requirement must be equal to or exceed the hourly requirement of the State of California P.E. statute. That requirement is 400 minutes every 10 school days/2 weeks. There are a total of 4 quarters each year, and the student must meet a minimum of 1800 minutes or 30 hours for each of those quarters.

*EC Section 51223, "All pupils, except pupils excused or exempted pursuant to Section 51241, shall be required to attend upon the courses of physical education for a total period of time of not less than 400 minutes each 10 schooldays" (EC Section 51222[a]).*
4. Students on an Individualized Education Plan (IEP) and are enrolled in I.S.P.E. must follow all course requirements.
5. The parent will be required to sign a District Liability Waiver (form C) which holds the District harmless from any liability or claims as a result of the I.S.P.E. program.
6. All I.S.P.E. instructors/coaches are required to sign a Statement of Responsibility (form A) and Hold Harmless Agreement (form B) provided in this packet. Instructors/coaches must also carry 1 million dollars in Commercial General Liability insurance for the activity in which they are giving instruction. (Homeowners policies, Declarations, Summaries, bills, invoices, etc. do not meet the District's qualifications or standards as proof of insurance – see sample certificate of insurance provided in this packet).
7. Second semester 7<sup>th</sup> and 9<sup>th</sup> grade I.S.P.E. students must contact a school P.E. teacher to find out when he/she can participate in the state mandated physical fitness testing. It is the student's responsibility to find out when the testing will occur, to schedule the testing with the instructor, and to attend the regular P.E. classes during the testing period. Students who fail to complete Physical Fitness Testing or fail to meet the requirements will not be eligible for ISPE in the subsequent school year.
8. Students in grades 11 and 12 who have completed their two years of P.E. credit for graduation may take I.S.P.E. as an elective if they meet all of the criteria for participating in I.S.P.E.
9. The parent/guardian agrees to undertake all transportation of the student to and from I.S.P.E. The District will not provide transportation.

10. The I.S.P.E. course must be part of the student's regular bell schedule. I.S.P.E. may NOT be an additional period with the exception of students who participate in the school's music program. Those students may be eligible to apply for ISPE as one additional period with the exception of students at San Dieguito High School Academy and Canyon Crest Academy. For non-music students, if the school has a six period day, I.S.P.E. must be one of six classes, NOT a seventh class.
11. Students must abide by their school's open or closed campus policy during their I.S.P.E. class. Any violation of this policy could result in removal from the ISPE program by site administrators.
12. While the schools will establish certain requirements in implementing this policy, the San Dieguito Union High School District and its schools are not responsible for the quality or conditions of instruction conducted off school premises in the I.S.P.E. program. Students who want to return to the general PE program at their school of attendance will only be eligible to return to the general PE program at the start of a semester.
13. All I.S.P.E. students must have the online contract and paperwork (Forms A-C and the Certificate of Insurance) submitted by Friday, August 12, 2016 at 4:00 pm for ISPE. High School students are required to be enrolled in an online Health class and will need to be enrolled by Friday, May 27, 2016.
14. ISPE is a year long course commitment. Students enrolled in ISPE are not to change their activity mid-year. A coach change is only permitted with the approval of a site administrator.

**San Dieguito Union High School District**  
**Independent Study Physical Education (I.S.P.E.)**  
**Course Requirements**

1. The participation requirements must equal or exceed the hourly requirement of the State of California statute. That requirement is 400 minutes every 10 school days/2weeks.
2. I.S.P.E. logs must be submitted to designated site administrators/ISPE coordinator each quarter. The logs must indicate days and hours of instruction. During the first week of school every ISPE student will attend a mandatory meeting to learn how to use the online class for ISPE as well as how to submit required I.S.P.E logs.
3. At the end of each semester, two evaluations of student progress toward established goals is required. During the last week of each semester, students will submit a self-evaluation and coach's evaluation.
  - (a) Student Evaluation of his/her success in attaining the stated goals, and a statement indicating revised and/or new goals that the student has for I.S.P.E. for an additional semester.
  - (b) Coaches Evaluation is a one-page statement personally written and signed by the I.S.P.E. coach/instructor evaluating the student's semester participation and progress toward goals.
4. All second semester grade 7<sup>th</sup> and 9<sup>th</sup> grade I.S.P.E. students must make arrangements with the I.S.P.E. coordinator to take the state mandated California Physical Fitness test. The results of such tests must be recorded, signed and dated by the physical education instructor administering the test. This information must be turned in during the second semester. Students who fail to complete mandated Physical Fitness Testing or fail to meet the requirements will not be eligible for ISPE in the subsequent school year.

**Dropping an Independent Study P.E. Course**

1. A student may drop a class anytime during the first four weeks of a semester (two weeks for the 4 X 4 schedule) without a grading penalty on the student transcript, if approved by the parent/guardian and school counselor.
2. After the fourth week (second week for the 4 X 4 schedule) of the semester a student who drops a class will receive a withdraw/no credit on the student transcript.
3. No class may be dropped within 30 school days (15 days for the 4 X 4 schedule) of the final marking period, nor may any class be added for transfer units within 30 school days (15 days for the 4 X 4 schedule) of the final marking period.
4. Students who want to return to the general PE program at their school of attendance will only be eligible to return to the general PE program at the start of a semester.