

Fitness for Student Athletes

Student request for credit toward high school graduation for activity outside of the regular Spokane Public Schools fitness program

Spokane Public Schools graduation requirements are established to provide each student with the best possible educational experiences, and to comply with state statutes. Not all students have the same needs, nor do all students necessarily benefit from identical experiences. Therefore, Spokane Public Schools **may** grant credit toward high school graduation for planned experiences meeting a student's particular needs PROVIDED:

1. That the program toward credit is approved by the Executive Director of Curriculum/Designee through this process prior to the student's enrollment and/or participation in such an activity.
2. The student successfully completes the cognitive components of Fitness and Health via Spokane Virtual Learning.
3. The student completes a full season as a regular participant in the approved activity **in good standing**.
4. **A letter grade, based on the district's A-F grading scale**, will be entered on the student's permanent academic record **after** the student completes all components of the program.

SVL Fitness for Student Athletes Below are the required steps for students who are seeking a .5 or 1.0 credit in Fitness via an alternative physical activity and an approved sport. One semester of approved alternative physical activity correlates to a .5 graded credit toward the Fitness requirement.

There are two components that must be successfully completed in order to earn an SVL Fitness Student Athlete credit:

1. Successful completion of written curriculum components via SVL course and,
2. Successful completion in an athletic activity that is either a school based program or a directed community activity*. See approved athletic activities on the "Verification of Athletic Participation."



REQUIRED STEPS:

1. Join your school based or directed community activity. See approved athletic activities on the "Verification of Athletic Participation" form.
2. Register for SVL Fitness for Student Athlete via your school counselor.
 - Fall Sports: 1st semester
 - Winter Sports:
 - 1st semester (must complete coursework but will receive "incomplete" for 1st semester until the sport season is completed)
 - OR
 - 2nd semester
 - Spring Sports: 2nd semester
 - Summer Sports: SVL Summer session, fee-based
3. Attend the SVL Orientation for semester enrolled.
4. Submit your signed "Verification of Athletic Participation Form to your SVL Teacher.

*Students must successfully complete both their online course of study and their approved activity in order to have a grade and credit applied to their transcript. **Coaches will be asked to verify that the student did indeed complete the season or sport in good standing which includes a minimum of 3 days per week and a minimum of 60 hours (except for Summer sports) of physical fitness.***

*By definition, exercise is a physical activity conducted with the intention of developing physical fitness. In order to improve physical fitness one must be involved in exercise activities that employ the components of fitness: cardiovascular endurance, muscular endurance, muscular strength, flexibility, agility and quickness, speed, balance and coordination. RCW 49.60.500 defines "Community athletics program" as an athletic program that is organized for the purpose of training for and engaging in athletic activity and competition. It is operated, conducted, administered, or supported by a city, town, county, district, or school district other than those offered by the school and created solely for the students by the school.

Verification of Athletic Participation

Name: _____

Student #: _____

School: _____

Grade: _____



School Sports <i>1 season = .5 fitness activity credit</i> (Check sport)	Directed Community Sports <i>1 season = .5 fitness activity credit</i> Activity must be District approved.																																	
<table style="width: 100%; border: none;"> <tr> <td><input type="checkbox"/> Volleyball</td> <td><input type="checkbox"/> Basketball</td> <td><input type="checkbox"/> Tennis</td> </tr> <tr> <td><input type="checkbox"/> Cross Country</td> <td><input type="checkbox"/> Gymnastics</td> <td><input type="checkbox"/> Fast Pitch Softball</td> </tr> <tr> <td><input type="checkbox"/> Girls Soccer</td> <td><input type="checkbox"/> Wrestling</td> <td><input type="checkbox"/> Golf</td> </tr> <tr> <td><input type="checkbox"/> Slow-pitch Softball</td> <td><input type="checkbox"/> Dance</td> <td><input type="checkbox"/> Baseball</td> </tr> <tr> <td><input type="checkbox"/> Football</td> <td><input type="checkbox"/> Cheer</td> <td><input type="checkbox"/> Track</td> </tr> <tr> <td><input type="checkbox"/> Step</td> <td></td> <td><input type="checkbox"/> Boys Soccer</td> </tr> </table>	<input type="checkbox"/> Volleyball	<input type="checkbox"/> Basketball	<input type="checkbox"/> Tennis	<input type="checkbox"/> Cross Country	<input type="checkbox"/> Gymnastics	<input type="checkbox"/> Fast Pitch Softball	<input type="checkbox"/> Girls Soccer	<input type="checkbox"/> Wrestling	<input type="checkbox"/> Golf	<input type="checkbox"/> Slow-pitch Softball	<input type="checkbox"/> Dance	<input type="checkbox"/> Baseball	<input type="checkbox"/> Football	<input type="checkbox"/> Cheer	<input type="checkbox"/> Track	<input type="checkbox"/> Step		<input type="checkbox"/> Boys Soccer	<p>By definition, exercise is a physical activity conducted with the intention of developing physical fitness. In order to improve physical fitness one must be involved in exercise activities that employ and build the components of fitness: cardio-vascular endurance, muscular endurance, muscular strength, flexibility, agility and quickness, speed, balance and coordination.</p> <p>Examples of local and regional competitive athletic programs that are community directed in nature and meet the fitness definition above may include:</p> <table style="width: 100%; border: none;"> <tr> <td>ski race associations</td> <td>basketball leagues</td> <td>volleyball clubs and associations</td> </tr> <tr> <td>ballet academies</td> <td>aquatic teams and clubs</td> <td>competitive hockey clubs</td> </tr> <tr> <td>competitive badminton</td> <td>competitive youth soccer leagues</td> <td>competitive baseball programs</td> </tr> <tr> <td>competitive tennis</td> <td>competitive skating programs</td> <td></td> </tr> <tr> <td>competitive gymnastics</td> <td></td> <td></td> </tr> </table>	ski race associations	basketball leagues	volleyball clubs and associations	ballet academies	aquatic teams and clubs	competitive hockey clubs	competitive badminton	competitive youth soccer leagues	competitive baseball programs	competitive tennis	competitive skating programs		competitive gymnastics		
<input type="checkbox"/> Volleyball	<input type="checkbox"/> Basketball	<input type="checkbox"/> Tennis																																
<input type="checkbox"/> Cross Country	<input type="checkbox"/> Gymnastics	<input type="checkbox"/> Fast Pitch Softball																																
<input type="checkbox"/> Girls Soccer	<input type="checkbox"/> Wrestling	<input type="checkbox"/> Golf																																
<input type="checkbox"/> Slow-pitch Softball	<input type="checkbox"/> Dance	<input type="checkbox"/> Baseball																																
<input type="checkbox"/> Football	<input type="checkbox"/> Cheer	<input type="checkbox"/> Track																																
<input type="checkbox"/> Step		<input type="checkbox"/> Boys Soccer																																
ski race associations	basketball leagues	volleyball clubs and associations																																
ballet academies	aquatic teams and clubs	competitive hockey clubs																																
competitive badminton	competitive youth soccer leagues	competitive baseball programs																																
competitive tennis	competitive skating programs																																	
competitive gymnastics																																		
<p style="text-align: center;">Shaded areas to be completed by STUDENT</p> <p>Coach Name: _____ Sport/Team</p> <p>name: _____ Season</p> <p>starting date: _____ Season</p> <p>ending date: _____</p>	<p style="text-align: center;">Shaded areas to be completed by COMMUNITY COACH</p> <p>Name: _____ Contact</p> <p>number: _____ Email:</p> <p>Sport/Team name: _____ Sport</p> <p>Association name: _____ Season</p> <p>starting date: _____ Season</p> <p>ending date: _____</p> <p>As the coach, I agree that: 1) the student is participating in the sport, 2) I will maintain participation records, 3) provide verification of successful season.</p> <p>Signature _____ Date _____</p>																																	
<p style="text-align: center;">Completed by coach AFTER season</p> <p>Through participation in the activity listed, the student: completed the minimum number of _____ hours toward physical activity that promotes health.</p> <p>[] YES [] NO</p> <p>Signature _____ Date _____</p> <p><i>*Minimum hours of physical fitness activity required: 60 hours/semester*</i></p>																																		

