



Council For Lifelong Learning

Physical Education Requirements (High School)

Fact
Sheet

September 2001

1. What is the history of physical education requirements in Florida public high schools?

Section 232.246, F.S., outlines the 24 credits students are required to take for high school graduation. Before 1997, the physical education graduation requirement was "one-half credit of physical education to include assessment, improvement, and maintenance of personal fitness" (s. 232.246, F.S.). At that time, the physical education requirement could **only** be satisfied by taking a physical education course.

In 1997, the Legislature amended s. 232.246, F.S., to allow students to take a physical education course or participate in an interscholastic sport at the freshman, junior-varsity, or varsity level, for a full season, to satisfy the one-half credit physical education requirement for graduation. This legislation originated from the idea that students who participate in interscholastic sports work as hard or harder than students who take a physical education course; therefore, they should receive credit for participation in interscholastic sports.

The 1998 Legislature increased the physical education requirement for graduation from one-half to one full credit. Since the graduation requirement increased, the sports participation requirement also increased.

For students entering 9th grade in school year 1999-2000 and thereafter, participation in an interscholastic sport at the junior-varsity or varsity level for **two** full seasons will satisfy the one-credit requirement if the student participates for two seasons **and** passes a competency test on personal fitness with a score of "C" or better. A school board may not require that the one credit in physical education be taken during the 9th grade year (If the student satisfies the physical education requirement through the interscholastic sport option, he or she must substitute a one-credit elective for the physical education credit).

Adaptive Physical Education will satisfy this requirement for those exceptional students seeking a standard diploma who cannot be assigned to Personal Fitness pursuant to physical education guidelines in the Individuals with Disabilities

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	<p>Education Act (IDEA) and Section 504 of the Rehabilitation Act.</p> <p>For those students entering 9th grade in school year 1999-2000 and thereafter, who use the Personal Fitness course to satisfy a half credit, any other physical education course will meet the other half credit. However, the other physical education course should continue to build upon the Personal Fitness course through assessment, improvement, and maintenance of personal fitness.</p>
<p>2. Which sports may a student participate in lieu of the one credit physical education requirement?</p>	<p>According to the Department of Education (DOE), the interscholastic sports that meet this option are generally in those categories approved by the Florida High School Activities Association (FHSAA). According to FHSAA, interscholastic sports include: baseball, boys' basketball, football, soccer, swimming and diving, track and field, weight lifting, girls' basketball, cross country, golf, softball, tennis, volleyball, and wrestling.</p> <p>In cases where school districts provide organized interscholastic competition in sports other than those governed by the FHSAA, the school board may designate these sports as meeting the requirement if the sport:</p> <ul style="list-style-type: none">• involves physical exercise and has a set form and body of rules (a game);• includes competition between or among schools;• is conducted at the junior varsity or varsity levels;• is conducted for a full season; and• is under the supervision of a head coach who is a certified teacher and employed by the local school board. <p>Marching band, cheerleading, ROTC, or any activities that do not involve interscholastic sports competitions do not meet the requirement.</p> <p>A student may participate in more than one sport to meet the requirement. For example, a student who participates in football in the fall and baseball in the spring meets the two full seasons participation requirement.</p> <p>Each school district must determine if a student has met the interscholastic requirement and must document each student's eligibility to take the personal fitness competency test.</p>

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<p>3. Who prepares the Competency Test on Personal Fitness?</p>	<p>Current law, s. 232.246(3)(j), F.S., requires the DOE to develop the competency test on physical fitness. In April 2000, the DOE completed and distributed the competency test on physical fitness to the school districts.</p>
<p>4. What is the competency test and what is it designed to do?</p>	<p>The competency test developed by the DOE consists of 87 items, 75 multiple-choice items, and 12 short-answer items. The competency test is designed to assess student mastery of the content of a physical education course, Personal Fitness 1501300. The test is organized around 12 skills that cover 17 benchmarks in three of the Sunshine State Standards for physical education. The 12 required skills are as follows:</p> <ul style="list-style-type: none"> • apply knowledge of safety practices to participation in activities that promote physical fitness; • demonstrate understanding of the components of physical fitness; • apply knowledge of technology to facilitate personal fitness; • demonstrate understanding of health problems associated with inadequate fitness levels; • evaluate and select physical activities according to fitness values; • design and implement a fitness program that meets individual needs and interests; • demonstrate understanding of correct biomedical and physiological principles related to exercise and training; • exhibit an improved level of health-related fitness; • describe the relationship of individual lifestyle to personal fitness and wellness; • demonstrate understanding of sound nutritional practices related to physical fitness; • demonstrate understanding of consumer issues related to physical fitness; and • demonstrate understanding of the benefits derived from participation in physical fitness activities
<p>5. What are the applicable statutes?</p>	<p>Section 232.246(3)(j), F.S. -- General requirements for high school graduation.</p>
<p>6. Where can I get additional information?</p>	<p>Florida Department of Education Statewide Assessment and Evaluation (850) 488-8198 or (850) 488-1701 www.firn.edu/doe</p> <p>The Florida House of Representatives Committee on Education Innovation (850) 488-7451</p>

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