

## **Health and Fitness – Procedure**

### **Demonstrating Competency/Proficiency in Health**

The district will manage the assessment process so that students seeking competency-based credit can demonstrate competency/proficiency in health skills. A student may recover a one-half (.5) health credit if the student meets standard on another approved state alternative that meets the graduation requirement.

### **Demonstrating Competency/Proficiency in Physical Education Knowledge**

The district will manage the assessment process so that students seeking competency-based credit can demonstrate competency/proficiency in knowledge of fitness. Students may waive one-half credit (.5) of physical education per semester. Students who waive physical education credits pursuant to RCW 28A.230.050 must still demonstrate sufficient proficiency in health and fitness knowledge. Students may demonstrate sufficient proficiency as follows:

1. First Waiver (.5 PE credit) The student must meet proficiency/competency at 70% or higher in one of the following:
  - OSPI-developed fitness assessment: Concepts of Health and Fitness
  - District-approved fitness assessment (cognitive assessment on fitness education)
2. Second Waiver (.5 PE credit) The student must meet proficiency/competency at 70% or higher in one of the following:
  - OSPI-developed fitness assessment: Fitness Planning
  - District-approved fitness assessment (cognitive assessment on fitness education that is different than First Waiver)
3. Third Waiver (.5 PE credit)  
The student must meet proficiency/competency in one of the following:
  - District-approved fitness plan/portfolio at 80% or higher
  - District-approved fitness assessment (cognitive assessment on fitness education that is different than Second Waiver) at 70% or higher