

Fitness for Life II Credit by Assessment

MPS Teaching and Learning – Physical and Health Education

We are excited to be offering a Fitness for Life II Credit by Assessment pilot option for the 2014-2015 school year. We are aware that occasionally 11th and 12 grade student athletes who are participating in a sport, high school or out of district club sponsored, and carrying a full load of classes may experience difficulty scheduling Fitness for Life II within the school day or through extended day options with MPS Online.

Fitness for Life II credit by assessment is a comprehensive process to ensure the student is indeed “physically educated”. Physical education embodies knowledge and concepts, which in isolation are often misunderstood and undervalued. The credit by assessment process has been designed to ensure basic physical education competencies and standards are met and provide physical, intellectual and emotional growth for each student

School year 2014 -2015 will be a pilot year for Fitness for Life II credit by assessment. We will offer 5-10 slots per school. Interested students must submit a completed application and contract to their school counselor. Applications and contracts will be available from counselors in August.

Eligibility/Application requirements:

- Successful completion of Fitness for Life 1
- Submit completed application and contract
- Full member of a sport; high school or out of district sponsored, that is in session throughout the credit by assessment time frame, 18 weeks. Eligible students will need to participate in 2 concurrent sports.

Students enrolled in Fitness for Life II credit by assessment are expected to:

- Participate in Pre/Post fitness testing
- Wear a fitness band and/or complete an activity journal
- Demonstrate mastery of standards within the 7 components of fitness
- Create a personal fitness plan
- Create a sport specific reflective paper
- Meet with assigned licensed physical education teacher as needed to monitor progress.

Students meeting submitting applications and eligibility requirements will be notified via their school counselor.