



CREDIT BY CHOICE PROGRAM

Program No. 9 – Physical Education Credit

DESCRIPTION:

Students involved in an approved, coached sport outside of the Anchorage School District may apply to earn credit (in 0.5 increments up to a maximum of 1.5) for one or more semesters of physical education graduation requirements. Per Anchorage School District policy, Physical Education programs will be approved on a case-by-case basis where the program covers four of the six recognized components of fitness. One hundred twenty (120) hours of acceptable activity/records will earn an equivalent 0.5 PE credit.

GENERAL GUIDELINES:

The Credit by Choice (CBC) Program is designed to give students the opportunity to choose enriching learning experiences tailored to their personal educational needs and to have them recorded on their high school transcript. This program is open to high school students currently enrolled in the Anchorage School District.

- While the Curriculum Assistant Principal and Counselors can respond to questions, it is the responsibility of the student to work independently to complete the application and carry out a program according to these prescribed guidelines.
- Students proposing a CBC Program must have prior written approval of their parents and the Principal.
- A certificated staff person must sponsor and/or supervise the student's program.
- ASD is the accrediting institution and sets standards for issuing credit. ASD is not the sponsoring agency for off-campus programs and is not responsible for the student's personal or financial liability. Program expense is the responsibility of the individual.
- CBC courses will be titled as such on the student's transcript, as described in each program's details.
- CBC courses recorded upon program completion cannot be included for calculating eligibility for full-time student status for the purposes of enrollment and/or Alaska School Activities Association eligibility.
- **Once entered on a high school transcript, grades will not be removed from this legal document.**

DETAILS:

- Approval for Program #9 PE Credit is determined at the individual school site by the curriculum principal.
- Logged/documented hours are not retroactive and cannot be accumulated/logged until the application and proposal are approved by the Counselor and Curriculum Assistant Principal.
- The student Proposal Form must be specific and thorough for consideration.
- Completion of both the Application (below) and the Proposal sections of the Credit by Choice are required for consideration.
- The student's coach must sign off again after 120 hours have been documented to confirm the student's engagement.
- This CBC course will be titled as such on the student's transcript (e.g., CBC: PE/Boxing; CBC: PE/Swim) and recorded as a Pass grade ("Pass" grades do not count in GPA calculations.)
- Once approved, the student must use a calendar to log hours and briefly describe each day's activity.

APPLICATION:

NAME _____ ID # _____

CURRENT GRADE ☐ 9 ☐ 10 ☐ 11 ☐ 12 (student must be **currently** enrolled in high school)

We have read and understand the above information regarding this Credit by Choice program. We have included both this application and the required PE Credit Proposal form.

STUDENT SIGNATURE _____

PARENT SIGNATURE _____ DATE _____

..... (Once both the Application and Proposal are completed, please return to your counselor.)

OFFICE USE ONLY

COUNSELOR SIGNATURE _____

PRINCIPAL APPROVAL _____ DATE _____

Student proposals must include the following information: student name, coach's name and contact number, description of coach's qualifications, a detailed training outline with goals and objectives from the coach, and a description of how four of the six components of fitness are addressed. Attach any available equivalence to ASD-approved high school courses. Student desiring a physical education credit must also submit 4 journal entries, one for each 30-hour segment (see sample form)

COACH'S QUALIFICATIONS

1. _____
2. _____
3. _____

PROPOSED HOURS/WEEKS _____

<input type="checkbox"/> Cardiorespiratory	
Endurance	
<input type="checkbox"/> Muscular Endurance	
<input type="checkbox"/> Muscular Strength	
<input type="checkbox"/> Body Composition	
<input type="checkbox"/> Stress Reduction	
<input type="checkbox"/> Flexibility	

(Once both the Application and Proposal are completed, please return to your counselor.)


REVISED June 2025 (*Supersedes all prior versions*)

CBC PROGRAM No. 9 – PHYSICAL EDUCATION CREDIT REQUIRED JOURNAL FORMAT (Sample):

Student desiring a physical education credit must also submit journal entries accounting for 120 hours or more.

STUDENT NAME _____ ID# _____

Date	# of Hours	Component(s) of Fitness Addressed in the Session <i>(Must list at least 4)</i> <ul style="list-style-type: none">Cardiorespiratory EnduranceMuscular EnduranceMuscular StrengthBody CompositionStress ReductionFlexibility	Description of Warm-up	Description of Core Activity <i>Including:</i> <ul style="list-style-type: none">Duration: time and/or distanceIntensity: low, medium, or high impact	Reflections <i>Including:</i> <ul style="list-style-type: none">IdeasTraining observationsProgress

 _____
STUDENT SIGNATURE DATE