

Acalanes Union High School District Athletic PE

Frequently Asked Questions

Below are answers to some frequently asked questions related to Athletic PE in the Acalanes Union High School District.

1. What is Athletic PE?

Students may participate in Athletic PE to obtain up to 10 credits in the required graduation area of PE. All AUHSD students must complete 20 PE credits to receive AUHSD diploma.

2. Are all students eligible to participate in Athletic PE?

No. There are particular eligibility criteria allowing students to participate in Athletic PE.

3. What are the eligibility criteria to participate in Athletic PE?

Students must satisfy the following to be eligible to participate in Athletic PE:

- Must have taken PE 9
- Must have taken and passed the Physical Fitness Test (FitnessGram)
- Must be in grade 10 or 11 (Athletic PE is not an option for 12th graders)
- Must maintain a 2.0 GPA during the Athletic PE season

4. How do I know if passed the Physical Fitness Test?

There are 6 fitness areas on the PFT. To pass, the students must pass 5 of 6 areas. Passing scores in each area may depend on gender, height, weight etc. The PE teacher will inform the student immediately following the test if the student passed. Official results will be mailed to the student's home in the fall of the 10th grade.

5. How can a student obtain Athletic PE credit?

Students have to participate in a CIF approved sport (school sport) and keep track of hours spent during practice and games. Students will complete an application/contract and complete weekly time cards with their hours.

6. How many hours of Athletic PE must be completed to receive credit?

Students must complete 75 hours of athletic activity to obtain 5 credits.

7. If I complete less than 75 hours can I still get 5 credits or at least partial credit?

No. Students must complete 75 hours to get 5 credits. Partial credit is not given.

8. Do I have to complete the season or can I quit after 75 hours have been recorded?

Students must complete the season to obtain the credit. Students may stop monitoring weekly cards after 75 hours have been completed but must complete the season.

9. Is there a maximum number of hours I can record each day?

Yes. Students can record up to 4 hours for practice and up to 3 hours for contests.

10. If I get injured, can I count my hours while being on the sideline?

If the injury is preventing the student from participating in the athletic activity (student is fully sidelined) hours cannot be counted during that time. Once the injury is healed and student goes back to participating in the sport, hours can be counted.

11. What is a CIF approved sport?

Sports offered at our schools are CIF approved.

12. Are there any activities outside of the school sports that can count of Athletic PE (ex. Clubs, pro sports, working out at 24 Hour Fitness)?

No. AUHSD does not accept hours completed in non-school related activities for Athletic PE. Club sports, activities completed with non-school organizations etc. may not be counted for Athletic PE.

13. Some of our sports begin practices during the summer. Do those summer hours count?

Practices required for team participation and within the NCS approved practice window are the only practices that may be counted. Summer hours that fall within the NCS approved practice window may be counted.

14. Do hours spent during Open Gym or optional weight room practices count?

Only required team practices count. Optional workout time, Open Gym and similar activities do not count.

15. Some sports require try outs. Do the try outs count for hours?

Yes. Try outs are part of required practice and may be counted towards hours.

16. I am on the Cheer squad. Does cheer count as a CIF approved sport?

As of January 1, 2017 Competitive Cheer is a CIF approved sport. This is effective 2017-2018 school year as determined by the CIF.

17. Is sideline cheer considered a CIF sport?

No. Cheer squad that does not compete and performs sideline cheer only, is not a CIF approved sport.

18. Is there a season of sport for Competitive Cheer?

Currently there is no season of sport therefore students may obtain 10 credits in year of competitive cheer as long as they complete sufficient hours.