

CUSD Secondary Independent Study-Physical Education Application

This is an application for placement in the 6-12 Independent Study-Physical Education Program in lieu of enrollment in a daily physical education class. Independent Study-Physical Education is a course offering for a limited number of student athletes who compete as an individual at the regional, state, or national level. Student athletes must train during the school year specifically for the sport indicated on the ISPE application. Examples of individual activities would include: equestrian, golf, gymnastics, ice skating, swimming, martial arts, and tennis. Once the completed application is submitted, it will be evaluated to determine whether or not the program proposal meets the eligibility requirements to participate in Independent Study-Physical Education. Students selected for participation in the 6-8 Independent Study Physical Education program will not be allowed to take additional elective courses and are expected to be off-campus during the assigned ISPE period. Completion of the application does not automatically result in approval.

Application Requirements

1. Admission to the program is made through a written application that must be processed during the spring semester prior to the school year of application and are due by June 1st. An application may be submitted for second semester by October 2nd for additions, space permitting. Turn in completed applications to your school site.
2. The 6-8 Independent Study Physical Education Committee must approve the program proposal and course description.
3. The program proposal must address how participation in the program covers the physical education content standards.
4. Program participants must meet or exceed the minimum 400 minutes every 10 school days, competition not included. Each student athlete must provide a weekly training schedule.
5. Program participants must be under the supervision of a certified coach/trainer. ISPE instructor's statement of qualification and proof of up-to-date First Aid/CPR must be submitted with the application.
6. Documentation is required that demonstrates the student/athlete has been actively competing (at least three events) in a regional, national or state competitive event within the last 6 months. These documents must be provided on the organization's letterhead or printed from the organization's website and provide results of that competition.
7. Documentation is required that shows upcoming regional, state or national competitions that the student athlete is participating in within each semester.
8. If an application is denied, parents must submit a request to appeal the decision to the school site principal before June 28th.

Criteria for Selection

1. Program participants must be in a program and be actively competing for the program year at the highest level of competition, i.e. professional or semi-professional.
2. Priority for selection will be given to participants who have a demonstrated hardship in completing the middle school core curriculum due to the time demands created by participating in the highest level of competition. Priority for selection will be given to

- program proposals in activities that are not available as part of the school's Physical Education Program. (i.e. ice skating)
3. Due to staffing limitations, there are limited openings available per grade level, per site.
 4. Should there be more qualified applicants than space available, qualifying program participants will be selected by lottery.
 5. Students must meet the minimum non-weighted GPA requirement of 2.75 for the semester prior to enrolling. They must also be in good standing with administration to qualify and continue in ISPE. If a student falls below the 2.75 requirement for 2 grading periods, they will not be able to continue in ISPE the following semester.

Evaluation and Grading

1. Students must record and report a minimum of 400 minutes every 10 days under the supervision of the coach/trainer, with a minimum of 60 minutes of cardiovascular exercise as part of the 400 minute minimum requirement. Minutes recorded may not include practice time with any athletic team affiliated with Carlsbad schools.
2. Independent Study Logs must be submitted to the Independent Study Physical Education teacher every three weeks and at the end of the semester. Specific guidelines for submission of logs will be given by the Independent Study Physical Education teacher at the site. Each log must be certified by the coach/trainer. If a student misses a log or submits an incomplete log, they will be placed on probation. If they are placed on probation twice they will be dismissed from the program at the conclusion of the semester.
3. Students who successfully meet all the requirements of the 6-8 Independent Study Physical Education course will be assigned a Pass/Fail grade.
4. Failure to communicate any changes to practice schedules or competition schedules may result in removal from the course.
5. State-mandated fitness testing must be completed by Independent Study-Physical Education students in grade 7 and 9. As such, Independent Study-Physical Education students need to participate in adequate preparation for this assessment. Independent Study-Physical Education students will be tested by a Physical Education Teacher at their school using the same criteria as other students.
6. All ISPE students and their parents must be registered through school loop to keep a method of communication open between the ISPE teacher and the student.
7. All ISPE students will submit a Reflection near the end of each semester which will require them to demonstrate how they met the California Physical Education standards through their activity.

Consequences from Not Meeting Course Requirements

Students who fail to meet the course requirements will be dropped from the Independent Study-P.E. course and will be assigned a "fail" grade for the semester.

Timeline

- Applications will be available at the school site in April
- Complete applications must be submitted by June 1st
- Applications to be reviewed by the Independent Study PE Leadership Team and notification to students regarding program placement will be given by the end of the school year in June
- Students new to Carlsbad may apply upon enrollment.

Carlsbad Unified School District
Independent Studies Physical Education
Guideline and Requirements

Last Name _____ First _____ MI _____

Phone: _____ Activity _____

1. A coach must supervise the activity.
2. A minimum of 400 minutes every 10 school days must be completed and accounted for under supervision. An activity must include a minimum of 60 minutes/week of cardiovascular exercise.
3. Independent Study Weekly Log of minutes must be turned in to the teacher at all regularly scheduled meetings as determined by the teacher. This log must be signed by the coach and will include a written paragraph by the student about the week's activities. A schedule of the up-coming week's practice sessions must also be completed. The teacher may attend and observe without notification. (May be online submission)
4. Student must be willing and available to meet with the teacher at a time set by the teacher.
5. BOARD POLICY 6158
When any pupil fails to complete three consecutive Independent Study logs during any period of 15 school days, or misses two appointments without reasons accepted by the Superintendent or designee, an evaluation shall be conducted to determine whether the pupil should be allowed to continue in Independent Study. A written record of the findings of any evaluation conducted pursuant to this policy shall be maintained in the pupil's permanent record.
6. In the event you must miss class due to an unavoidable situation, you must notify the instructor **PRIOR TO THE DESIGNATED TIME OF THE SCHEDULED MEETING**. This notification will be **IN WRITING** and **WILL ACCOMPANY** the completed Weekly Log of minutes. Notification and Log will be handed to the instructor or **PROPERLY** labeled and placed in the instructor's mailbox. If student misses class due to an excused absence, student must leave a detailed message on the instructor's voice mail and submit the Log and excused absence verification in instructor's mailbox the next day.

Student Name – print

Parent/Guardian Name – print

Student – signature

Parent – signature

Date

Date

**6-12 Independent Study-Physical Education
Coach/Trainer Information
and Course Description**

Student's Name: _____

School: _____

Coach/Trainer Information

Name: _____

Phone: _____(work)

_____ (cell)

Address: _____

List the major objectives of the Independent Study-Physical Education course and how these objectives are aligned to the Content Standards:

Standard 1: Students demonstrate the motor skills and movement patterns needed to perform a variety of physical activities (*Manipulative skills, rhythmic skills, combinations of movement patterns and skills*)

Standard 2: Students demonstrate knowledge of movement concepts, principles, and strategies that apply to the learning and performance of activities (*Movement concepts, Manipulative skills, Rhythmic skills, Combination of movement patterns and skills*)

Standard 3: Students assess and maintain a level of physical fitness to improve health and performance:

Standard 4: Students demonstrate knowledge of physical fitness concepts, principles, and strategies to improve health and performance:

Standard 5: Students demonstrate and utilize knowledge of psychological and sociological concepts, principles, and strategies that apply to the learning and performance of physical activity (*Self-responsibility, Social interaction, Group dynamics*)

**Carlsbad Unified School District
Independent Study Physical Education (ISPE)**

INSTRUCTOR'S STATEMENT OF RESPONSIBILITY

The outside independent agency/instructor/coach must submit this completed form and meet specific District criteria related to liability prior to being approved as an independent study agency for a student.

The supervision of ISPE activities must be performed by a coach who is at least 21 years of age, who has a certificate or credential in that activity, or who has participated for at least 4 years at a collegiate/world class level in that activity. As such, you are required to describe your background and experience that qualify you or your agency for training at this level. This must be attached to this instructor's Statement of Responsibility. Please also attach a resume for the instructor who will be doing the training.

I understand the concept of the Independent Study Physical Education program and accept the responsibility as _____'s coach. I understand
(Student's Name)

the requirements associated with this request to provide ISPE to students in the Carlsbad Unified School District. We agree to assume all responsibility for

(Student's Name)

I will personally instruct this athlete for a minimum of 400 minutes every 10 school days days while school is in session. In addition, I will sign his/her time logs, as well as PERSONALLY write and sign his/her quarter and semester evaluations which will include a one page statement evaluating the athlete's participation and progress.

If there are any questions regarding the ISPE program, or your athlete, please contact the ISPE Coordinator at the athlete's school site.

Agency/ Instructor/Coach (Printed)

Date

Agency/Instructor/Coach Signature

Phone Number

Athlete's Name

INDEPENDENT STUDY – PHYSICAL EDUCATION

Student Sport Information

Student Name: _____ Grade: _____

Coach's Name: _____

Coach's Phone Number: _____

Sport Involvement: _____

Level of Activity: _____
(State, Regional, National)

Describe how your involvement in this sport meets the requirement of competing at the state, regional, or national level.

Documentation of Competition

Documentation of at least 3 events is required that demonstrates the student has been actively competing in a regional, national or state competitive event within the last 6 months. These documents must be provided on the organization's letterhead or printed from the organization's website. Results must show proof of the student competing in that competition. Complete the table below and attach supporting documents.

Date of Competition Event	Name of document you attached with competition results	Type of Competition (regional, state or national)
1.		
2.		
3.		

Itemize daily activities to include day of the week, time spent in the activity that day, and list the exact activity.

Amount of time/participation planned for this activity each week.

Day	Time Spent	Activity

Where will the instruction take place (list complete address)? _____

Specific objectives for this semester: _____

INDEPENDENT STUDY WEEKLY LOG

Fill in thoroughly and bring to weekly meetings

Week of: _____

Name: _____

Class: _____

Type Of Activity	Day:	Time Began:	Time Ended:	Coach's Initials

Total Minutes: _____

Please write out your weekly summary, it should include your activities and how these helped you to improve physically.

Report: _____

Anticipated schedule for up-coming week's activities:

Type Of Activity	Day:	Time Began:	Time Ended:

INDEPENDENT STUDY PHYSICAL EDUCATION

Independent PE Notification of Acceptance

STUDENT NAME: _____ GRADE: _____

FINAL INDEPENDENT STUDY P.E. COMMITTEE DECISION

➤ Application approved for school year _____

➤ Application not approved – Reason checked below:

_____ Does not meet District Independent PE qualifications.

_____ Application submitted after deadline.

_____ More Information Required: _____

If an ISPE application is denied, parent may submit a written appeal to the School Principal. All appeals must be received no later than June 28th.