

HIGH SCHOOL PHYSICAL EDUCATION (PE) COURSES AND SUBSTITUTIONS

State Board Of Education (SBOE)- Approved PE Courses	PE Substitution Courses	PE Substitution Activities
<p>Students are required to earn one and one-half credits to include Foundations of Personal Fitness. As per Chapter 74 of 19 Texas Administrative Code (TAC), a maximum of two PE credits can be counted toward high school graduation under the Minimum, Recommended, and Distinguished Achievement Programs. Texas Essential Knowledge and Skills (TEKS) for the following SBOE-approved high school PE courses may be found at: http://www.tea.state.tx.us/rules/tac/chapter116/ch116c.html.</p> <p>Foundations of Personal Fitness (½ credit) The basic purpose of this course is to motivate students to strive for lifetime fitness with an emphasis on the health-related components of physical fitness.</p> <p>Adventure/Outdoor Education (½ credit) Emphasis is placed upon students' selection of activities that promote respect for the environment and that can be enjoyed for a lifetime. Competency in two or more outdoor education activities is required.</p> <p>Aerobic Activities (½ credit) A major expectation of this course is for the student to design a personal fitness program that uses aerobic activities as a foundation. Competency in two or more aerobic activities is required.</p> <p>Individual Sports (½ credit) Students are expected to participate in a wide variety of sports that promote health-related fitness. Competency in two or more individual sports is required.</p> <p>Team Sports (½ credit) Students develop an appreciation for health-related fitness and for teamwork and fair play for a lifestyle beyond high school. Competency in two or more team sports is required.</p>	<p>PE substitutions may be awarded for successful completion of certain courses based on the physical activity in the courses. TEKS for these courses may be found at: http://www.tea.state.tx.us/rules/tac/index.html.</p> <p>Approved courses for PE substitutions are as follows:</p> <ul style="list-style-type: none"> • Band I - IV (fall semester only) • Dance I-IV • Two or three credit career and technical education work-based training courses • *JROTC <p>Upon completion of one of these courses, a student earns the appropriate credit (e.g., fine arts, career and technical education), and a code of "W" placed in the Physical Education column on the student's Academic Achievement Record (AAR) indicates that the PE requirement has been met.</p> <p>*JROTC is authorized by United States Federal Code, Chapter 10, which also establishes instructor certification, and uses a standards-based curriculum established by the U.S. Military.</p>	<p>The TAC lists physical activities which may be awarded as PE substitutions.</p> <p>School Activities These activities are not SBOE-approved courses and do not have TEKS. These activities are as follows:</p> <ul style="list-style-type: none"> • Drill team (fall semester only, if not an extracurricular component of Dance I-IV) • Cheerleading (fall semester only) • Athletics (fall/spring semesters) <p>Upon completion of one semester's participation in one of these activities, the student is awarded a PE equivalency credit. In this scenario, the use of Public Education Information Management System (PEIMS) codes of PE EQ 1-4 in the Physical Education column on the student's AAR indicates that the student's PE credit requirement has been met.</p> <p>Private/Commercially Sponsored Activities Appropriate private or commercially sponsored physical activity programs that or conducted on or off campus may be granted PE substitution credit.</p> <p>TEA approves on or off-campus substitutions upon application by the district and recommends a plus (+) sign or other symbol to indicate that a student has met PE equivalency substitution requirements for which a grade is optional. This symbol indicates that the student fulfilled the basic requirements for attendance and participation in the substitution activity.</p>

Information is based on 2007 TAC §74, Subchapter F.