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Public Instruction  
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Dear County and District Superintendents and Charter School Administrators:

### **STUDENT EXEMPTIONS FROM HIGH SCHOOL PHYSICAL EDUCATION COURSES**

The following will provide you with information about new requirements, effective July 1, 2007, related to the criteria for student exemptions from high school physical education courses.

#### **High School Physical Education Course Requirements and Exemptions**

All students are required, in order to be eligible to graduate from high school, to take two courses in physical education, unless the school district grants an exemption. (*Education Code [EC] Section 51225.3 [a][1][F]*) There are three types of exemptions: (1) temporary; (2) two-year; and (3) permanent exemptions. (*EC 51241 [a] – [c]*)

If a pupil meets the statutory criteria for any one of the exemptions, the district has the discretion to grant the requested exemption. The district may require additional criteria before granting an exemption.

Pursuant to Senate Bill 78, (Chapter 459, Statutes 2003), effective July 1, 2007, the two-year exemption is available to a student if the student "passes" the physical performance test. (*no ch*

*ang to cite ria brtb te pr ay* *EC 51241 [a]*) or permanent (*EC 51241 [c]*) exemptions from the requirement for students to complete two courses in physical education in high school. Under cur

The test designated by the SBE is the FITNESSGRAM®, developed and owned by the Cooper Institute. The FITNESSGRAM® is a comprehensive, health-related physical fitness battery and its primary goal is to assist students in establishing lifetime habits of regular physical activity.

The FITNESSGRAM® provides information that can be used by students to assess and plan personal fitness programs; by teachers to design the curriculum for physical education programs; and by parents and guardians to understand their children's fitness levels.

The FITNESSGRAM® uses criterion-referenced standards to evaluate performance for each fitness area (e.g., body composition, abdominal strength, and endurance). The Cooper Institute established the standards using current research and expert opinions. These standards represent a level of fitness that offer some protection against the diseases associated with physical inactivity.

