



Responsible Office: Department of Curriculum & Instruction / Extended Studies

PURPOSE

This administrative procedure sets forth the means by which a student may be permitted to earn physical education exemption by participating in a supervised curriculum program.

PROCEDURE

1. The Physical Education (PE) Options program is only available to students currently enrolled full time in a Washoe County School District (District) high school.
2. By participating in the PE options program, students will earn an exemption from earning 0.5 PE credit in high school. Students are not awarded academic credit for exemptions. Students that earn an exemption in PE are still required to earn the minimum number of credits to graduate.
3. A student may earn a maximum of four (4) .5 credit PE exemptions in total in his/her high school career.
4. Students must complete 60 hours (3600 minutes) to earn a 0.5 PE credit exemption.
5. Students must re-apply after each 60 hours is completed.
6. Students do not earn a grade.
7. Participation in a PE options program does not count toward the minimum academic load.
8. There are two ways to earn a PE exemption through the PE options program (1) Participation in an instructor-led group class and (2) Participation in a "club" or "travel" sports program.
 - a. Participation in an instructor-led group class
 - i. Participate in 60 hours of instructor-led group classes at an approved fitness facility as predetermined by the Extended Studies Department.
 - ii. Check the Extended Studies website for a list of approved fitness facilities.

- iii. The instructor must be certified and may not be the student's parent/guardian or other close relatives.
 - iv. Classes must be taught in person. Online video classes are not allowed.
 - v. Classes under one (1) hour may not be rounded up. For example, a 45-minute class does not count as one (1) hour.
- b. Participation in a "club" or "travel" sports preparation program or national/regional competition.
- i. Students wishing to apply for an individual or club sport must check the Extended Studies website for the list of approved activities and sports. Non-approved sports will not be permitted.
 - ii. Students participating in a high school Nevada Interscholastic Activities Association (NIAA) sanctioned sport cannot earn an exemption for these programs as they will earn an exemption from their high school participation.

9. Registration

- a. The following must be submitted to the Extended Studies Office before participation hours will be counted. Failure to fully and properly complete and submit the following documents will result in the student's forfeiture of the opportunity to earn an exemption through this option.
 - i. Students must submit the registration form to Extended Studies.
 - ii. The Statement of Understanding form must be signed by the parent/guardian and student and submitted to Extended Studies.

10. Submission requirements:

- a. PE Options Attendance Card showing the student completed the minimum of 60 hours.
 - i. Instructor-led group class: The Attendance Card must be signed by the class instructor after every group class attended and by the manager/supervisor for the group class activities at the completion of 60 hours
 - ii. Club/Travel: The Attendance Card must be signed by the coach (who cannot be the student's parent/guardian/close relative) after every event i.e.: practice, game, competition or tournament.

- b. Documentation of all hours completed to include gym class schedule, practice schedule, tournament schedule clearly showing hours of active participation.
- c. Seniors must submit their Attendance Card and final documentation of all hours three (3) weeks prior to the end of the Spring semester in order to have the exemption posted in time for graduation.

11. Approved Facility List

- a. Gyms and health centers that are interested in participating in the District's PE Options program are required to apply annually to be put on the PE Options Approved Facility List. They must submit the Application for Facility Participation in the District's PE Options Program and the PE Options Facility Expectations and Responsibility Signature Page. After receipt of these documents, District staff will visit the site to discuss requirements and inspect the facility.
- b. A gym/health center found to be falsifying student participation or not abiding by the expectations of the program will be immediately removed from the approved list.

LEGAL REQUIREMENTS & ASSOCIATED DOCUMENTS

1. This Administrative Procedure reflects the goals of the District's Strategic Plan and aligns with the governing document of the District, to include:
 - a. Administrative Form 6652, PE Options Orientation Packet and Application
 - b. Administrative Procedure 6636, Supervised Curriculum PE
2. This Administrative Procedure aligns with Nevada Revised Statutes (NRS) and Nevada Administrative Code (NAC) Chapter 386, Local Administrative Organization, and specifically:
 - a. Chapter 386, and specifically:
 - i. NAC 386.600 – 386.886, Nevada Interscholastic Activities Association.
 - b. Chapter 389, Examinations, Courses, Standards and Diplomas, and specifically:
 - i. NAC 389.710, Independent Study defined
 - ii. NAC 389.488, Exemption from Physical Education

REVIEW AND REPORTING

- 1. This procedure and any accompanying documents will be reviewed bi-annually in even numbered years.

REVISION HISTORY

Date	Revision	Modification
7/1/2016	1.0	Adopted as administrative procedure
11/10/2016	2.0	Revised
07/17/2024	3.0	Revised: removing final project and fees. Adding WCSD sponsored Charter school students.
05/01/2025	4.0	Revised: Combining PE Options and SCPE Procedures. Updated due to revision of NAC 389.488