

San Dieguito Union High School District Independent Study Physical Education (I.S.P.E.) Requirements

1. Student participation on national, regional, district or community athletic team sports such as baseball, basketball, football, lacrosse, soccer, softball, volleyball will not be granted Independent Study P.E. credit. Per CIF 600.2.A
2. The I.S.P.E. courses must develop proficiency, knowledge, and skills that cannot be achieved within the in-school physical education program.
3. The direct instruction requirement must be equal to or exceed the hourly requirement of the State of California P.E. statute. That requirement is 400 minutes every 10 school days/2 weeks.
4. Special needs students on I.S.P.E. must follow course requirements.
5. The parent will be required to sign a District Liability Waiver (form C) which holds the District harmless from any liability or claims as a result of the I.S.P.E. program.
6. All I.S.P.E. instructors/coaches are required to sign a Statement of Responsibility (form A) and Hold Harmless Agreement (form B) provided in this packet. Instructors/coaches must also carry Commercial General Liability insurance for the activity in which they are giving instruction. (Homeowners policies, Declarations, Summaries, bills, invoices, etc. do not meet the District's qualifications or standards as proof of insurance – see sample certificate of insurance provided on the district website).
7. Second semester grade 7 and 9 I.S.P.E. students must contact a school P.E. teacher to find out when he/she can participate in the state mandated physical fitness testing. It is the student's responsibility to find out when the testing will occur, to schedule the testing with the instructor, and to attend the regular P.E. classes during the testing period.
8. Students in grades 11 and 12 who have completed their two years of P.E. credit for graduation may take I.S.P.E. as an elective if they meet all of the criteria for participating in I.S.P.E.
9. The parent/guardian agrees to undertake all transportation of the student to and from I.S.P.E. The District will not provide transportation.
10. The I.S.P.E. course must be part of the student's regular bell schedule. I.S.P.E. may NOT be an additional period. For example, if the school has a six period day, I.S.P.E. must be one of six classes, NOT a seventh class. Additionally, students must abide by their school's open or closed campus policy during their I.S.P.E. class.
11. While the schools will establish certain requirements in implementing this policy, the San Dieguito Union High School District and its schools are not responsible for the quality or conditions of instruction conducted off school premises in the I.S.P.E. program.
12. All I.S.P.E. students must have the online contract and paperwork (Forms A-C and the Certificate of Insurance) submitted by DEADLINE indicated on district website at sduhsd.net for ISPE.

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1. The participation requirements must equal or exceed the hourly requirement of the State of California statute. That requirement is 400 minutes every 10 school days/2 weeks.
2. I.S.P.E. logs must be submitted indicating days and hours of instruction at the end of each semester. Logs must be submitted electronically. During the first week of school every ISPE student will attend a mandatory meeting to learn how to use the online class for ISPE.
3. On the Wednesday of the last week of each term/semester (two per year), a two-page paper is due which must include:
 - The student's evaluation of his/her success in attaining the stated goals and objectives, answers to the questions on the report form relative to the student's sport/activity, and a statement indicating future goals if the student intends to continue the same activity for an additional semester, and (b) a one-page statement personally written and signed by the I.S.P.E. coach/instructor evaluating the student's semester participation and progress.
4. All second semester grade 7 and 9 I.S.P.E. students must make arrangements with the I.S.P.E. coordinator to take the state mandated California Physical Fitness test. The results of such tests must be recorded, signed and dated by the physical education instructor administering the test. This information must be turned in during the second semester.

Dropping an Independent Study P.E. Course

1. A student may drop a class anytime during the first four weeks of a semester (two weeks for the 4 X 4 schedule) without a grading penalty on the student transcript, if approved by the parent/guardian and school counselor.
2. After the fourth week (second week for the 4 X 4 schedule) of the semester a student who drops a class will receive a withdraw/no credit on the student transcript.
3. No class may be dropped within 30 school days (15 days for the 4 X 4 schedule) of the final marking period, nor may any class be added for transfer units within 30 school days (15 days for the 4 X 4 schedule) of the final marking period.