

Frequently Asked Questions: Centennial's Personal Fitness Exemption

1. Are all grade levels eligible to apply for this exemption?

Answer: Yes. All current and future Centennial students starting the 2014-2015 school year may be eligible.

2. What is the process for obtaining the Personal Fitness exemption?

Answer: Rising 9th grade students who intend to exempt Personal Fitness will turn in the 'Intent to Exempt Contract' during the spring registration period at the middle school. The 'Intent to Exempt Contract' is not the same as the Exemption Form. The 'Intent to Exempt Contract' is to inform the school that the student is planning to exempt Personal Fitness so the student will not be scheduled for Personal Fitness during their 9th grade year. This contract ensures the student and parent are aware of the exemption criteria and required and deadlines to submit the exemption form once the criterion is met.

Once the student has met the exemption criteria, he/she will request the Exemption Form from the designated school staff for their activity (athletic director, band director, JROTC instructor). The designated staff member will verify the student has successfully met the criteria and give the Exemption Form to the student. Students will submit their completed exemption form to the CHS Assistant Principal's office.

The final deadline to submit an Exemption Form is the last day of school of the student's junior year. If a student turns in an 'Intent to Exempt Contract', but does not meet the criteria and/or does not turn in a complete Exemption Form by the last day of school in their Junior year, then they will be required to take Personal Fitness their senior year.

3. Does a student receive actual credit for taking the Personal Fitness course?

Answer: No. Students who exempt Personal Fitness will have the Personal Fitness Exemption code (36.0510009) added to their transcript designating the exemption. No grade or credit will be assigned. Students who exempt the Personal Fitness course requirement will be required to take another course in its place.

4. When will the forms be given to students already at Centennial? Will it be an INTENT contract or EXEMPTION form?

Answer: The 'Intent to Exempt Contract' will be made available to all rising 9th graders and new transfer students coming from another school/district during the spring course registration process. Feeder middle schools are responsible for presenting, distributing and collecting 'Intent to Exempt Contract' during the spring registration/elective selection process.

Students who attend a feeder middle school, s Current Centennial students were given the opportunity to complete the 'Intent to Exempt Contract' during the spring course registration process last year. Current students who have not already taken Personal Fitness, will be given the opportunity to complete and submit an 'Intent to Exempt Contract' during the spring registration window.

Once a student has successfully met the Personal Fitness Exemption criteria, they should follow the steps outlined below in question #5.

5. Where do students get an EXEMPTION form?

Answer: Once a student has met the Personal Fitness Exemption criteria, they should request an Exemption form from the school staff member designated for their activity (see below). The designated individual is the school official who will verify the student has successfully met the criteria of the exemption through their participation in the corresponding activity.

6. Can a JROTC class be used as an exemption for Personal Fitness?

Answer: Yes. Students can exempt Personal Fitness if they successfully complete a minimum of 3 years of JROTC courses (JROTC I, JROTC II, JROTC III)

7. There is a distinction made between JV and Varsity Sports for eligibility, can you tell me the reason behind this?

Answer: A Sub-Varsity season per GHSA rules can only be 70% of a Varsity season. For example, 9th grade football seasons are 70% of the Varsity season. Meaning 9th grade only plays 7 games compared to 10 varsity games. Since the sub-varsity season is substantially shorter we feel that the student-athlete on sub-varsity teams need to complete two seasons before qualifying for the PE exemption. Sub-Varsity seasons per GHSA rules are shorter than Varsity seasons. For example, 9th grade football seasons are 70% of the Varsity season. Meaning 9th grade only plays 7 games compared to 10 varsity games. Since the sub-varsity season is substantially shorter we feel that the student-athlete on sub-varsity teams need to complete two seasons before qualifying for the PE exemption. It is at the discretion of the Athletic Director to determine student eligibility.

8. Can students participating in club sports apply for an exemption or must the sport be attached to Centennial High School?

Answer: The only sports approved for an exemption are those which are GHSA sanctioned and the CHS Fencing Team.

9. Can a student apply for an exemption retroactively – i.e. a student played a GHSA sport last year, but will not in the future, can that student apply for an exemption?

Answer: Yes. This would primarily only be applicable to current upper classmen who participated in activities prior to the adoption of the exemption.

10. Can a student take an alternative PE class and use that class to exemption Personal Fitness?

Answer: No

11. What are alternative schedule choices for students that choose to exemption Personal Fitness?

Answer: Personal Fitness is a 1 semester course. A student may take any 1 semester course they meet the pre-requisites for in its place. A few examples for next year include:

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| • Writer's Workshop | • Piano |
| • Model UN (International Affairs) | • Peer Facilitation (CBI Aide) |
| • Current Issues | • SAT Prep Class |
| • Sociology | • Work Based Learning/Internship |
| • Art | • Any Physical Education class |
| • Guitar | • Options for Seniors Only: Peer Leadership (Peer Tutoring) or Mentorship (Office Aide) |

A complete list of course offerings with course descriptions and additional information can be found in our Course Catalog on the Centennial Website.

12. If transferring to another school, will the Personal Fitness Exemption still be honored?

Answer: No. The exemption was approved specifically for Centennial students only. If a student transfers to another school district, the student will need to fulfill the Personal Fitness credit as required by the graduation requirements of that school district.

13. When does this exemption process go into effect?

Answer: *The preparation and planning process will start in the spring of 2014. The exemption will not go into effect until the 2014-2015 school year and will only apply to students in the Class of 2015 and beyond.*
