

# CREDIT BY CHOICE

## APPLICATION

STUDENT NAME \_\_\_\_\_

ID # \_\_\_\_\_

PRESENT GRADE LEVEL (Circle One) : 9  10  11  12

DATE \_\_\_\_\_

CONSIDERATION IS REQUESTED FOR: (CHECK ONE)

**PROGRAM #1 – EDUCATIONAL TRAVEL**  
Travel to \_\_\_\_\_ Date \_\_\_\_\_

**PROGRAM #2 – CORRESPONDENCE COURSE**  
Course Title \_\_\_\_\_  
Correspondence Program \_\_\_\_\_  
Under the Supervision of \_\_\_\_\_

**PROGRAM #3 – COLLEGE COURSEWORK** College \_\_\_\_\_  
Course Title \_\_\_\_\_  
Number of Semester Hours \_\_\_\_\_

**PROGRAM #4 – EARLY COLLEGE ADMISSIONS PROGRAM**  
Coursework to be taken at \_\_\_\_\_  
GPA (must be 3.5 or above) \_\_\_\_\_

**PROGRAM #5 – CREDIT BY EXAMINATION**  
Course Title \_\_\_\_\_  
Under the Supervision of \_\_\_\_\_  
Approximate Exam Date \_\_\_\_\_

**PROGRAM #6 – COMMUNITY SERVICE / FIELD STUDY**  
Course Title & Under the Supervision of \_\_\_\_\_ ASD  
Fine Arts Director Signature (if applicable) \_\_\_\_\_

**PROGRAM #9 – PE Credit Pass/Fail only, therefore does not count in GPA calculation.**

\*Students can earn .5 PE for each CBC. A total of 1.5 PE credits may be earned through this option.

For  Fall /  Spring Semester of \_\_\_\_\_ (year)

For the following activity \_\_\_\_\_

*See Specific Program Requirements and follow attached Required Journal Format Sample*

**ONLY  
OFFICE  
USE**

Student Signature \_\_\_\_\_

Parent Signature \_\_\_\_\_

Counselor Signature \_\_\_\_\_

APPROVED by Curriculum Principal \_\_\_\_\_

\_\_\_\_/\_\_\_\_/\_\_\_\_



Anchorage School District  
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# HIGH SCHOOL PHYSICAL EDUCATION CREDIT BY CHOICE



## P.E. CREDIT BY CHOICE STUDENT PROPOSAL FORM

Student Name \_\_\_\_\_ ID# \_\_\_\_\_

\_\_\_\_ Fall \_\_\_\_ Spring \_\_\_\_ School Year

Brief Description of Physical Education/Activity

\_\_\_\_\_

Coach's Name \_\_\_\_\_ Organization \_\_\_\_\_

Coach's Qualifications

\_\_\_\_\_

Coach's Detailed Training Schedule

Date	Location	Goal and/or Objective	Fitness Component Addressed
			<ul style="list-style-type: none"> <li>• Cardiorespiratory Endurance</li> <li>• Muscular Endurance</li> <li>• Muscular Strength</li> <li>• Body Composition</li> <li>• Stress Reduction,</li> <li>• Flexibility</li> </ul>

\_\_\_\_\_  
Coach's Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Student's Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent's Signature

\_\_\_\_\_  
Date

### STUDENT APPLICATION APPROVAL TO PROCEED

OFFICE  
USE  
ONLY

Yes No

\_\_\_\_\_  
Counselor's Signature

\_\_\_\_\_  
Date

Yes No

\_\_\_\_\_  
Principal's Signature

\_\_\_\_\_  
Date



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# HIGH SCHOOL PHYSICAL EDUCATION CREDIT BY CHOICE



## REQUIRED JOURNAL FORMAT (Sample)

Student desiring a physical education credit must also submit journal entries accounting for 120 hours or more.

Student Name \_\_\_\_\_

ID# \_\_\_\_\_

Date	# of Hours	<b>Component(s) of Fitness Addressed in the Session</b>  <i>(Must list at least 4)</i> <ul style="list-style-type: none"> <li>• Cardiorespiratory Endurance</li> <li>• Muscular Endurance</li> <li>• Muscular Strength</li> <li>• Body Composition</li> <li>• Stress Reduction</li> <li>• Flexibility</li> </ul>	Description of Warm-up	<b>Description of Core Activity</b>  <i>Including:</i> <ul style="list-style-type: none"> <li>• Duration: time and/or distance</li> <li>• Intensity: low, medium, or high impact</li> </ul>	<b>Reflections</b>  <i>Including:</i> <ul style="list-style-type: none"> <li>• Ideas</li> <li>• Training observations</li> <li>• Progress</li> </ul>

Student's Signature \_\_\_\_\_

Date \_\_\_\_\_

OFFICE USE ONLY	<input type="checkbox"/> <input type="checkbox"/>	<b>REQUIREMENT MET</b> _____ Principal's Signature	_____ Date
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