

## INDEPENDENT STUDY ATHLETICS

The Governing Board authorizes independent study athletics as an optional, alternative strategy in highly specialized circumstances for students who participate in demanding, regular, out-of-school, elite physical competition.

Independent study athletics shall offer a means of enabling students to reach physical education curricular objectives and fulfill graduation requirements by providing them with an alternative educational plan for physical education. As necessary to meet student needs, independent study athletics may be offered to replace the components of the grade level physical education standards in conjunction with part- or full-time classroom study.

(cf. [6142.7](#) – Physical Education)

(cf. [6143](#) - Courses of Study)

(cf. [6146.1](#) - High School Graduation Requirements)

The Superintendent or designee shall approve independent study athletics for an individual student only upon determining that the student is prepared to meet the district's requirements for independent study athletics and is likely to succeed as well as or better than he/she would in the regular physical education program.

The minimum period of time for any independent study athletics option shall be five school days. A student excused from the regular physical education program shall have his/her schedule reduced by one class period for the duration of the independent study athletics agreement.

The Superintendent or designee shall ensure that a written independent study agreement, as prescribed by law, exists for each participating student. (Education Code [51747](#))

### Eligibility for Independent Study Athletics

Parents/guardians of students who are interested in independent study athletics should contact the principal/designee. Approval for participation shall be based on the following criteria:

1. The activity in which the student competes/participates must be an extension of an existing component of the California physical education standards.
2. The activity must be conducted under the supervision of a credentialed physical education instructor within the Manhattan Beach Unified School District.
3. The activity must consist of instruction that meets or exceeds ten hours every week for middle school students and fifteen hours every week for high school students. **The weekly hours may NOT include travel time to or from the event or time between games and/or events.**
4. The activity must represent a continuation/extension of the student's past record of involvement, competition and dedication in the sport, as evidenced by the number of years the student has been involved in the training and the individual achievement level outside of school that has been attained by the student.
5. Independent Study Athletics is offered only during the school year. ISA at Mira Costa High School is a (school) year-long program in sports NOT offered at the high school. For sports offered at the high school, students may be accepted into ISA during the offseason for that sport (if the athlete meets ISA criteria). Once the high school season for the ISA sport begins, the athlete will exit ISA to participate on the high school team. If the athlete chooses not to play on the high school team, they will exit ISA and enroll in an on-campus P.E. class.

6. ISA at the middle school is a year-long program. Students must meet ISA requirements for the program. Students must remain in the ISA program for the entire year.

## Instruction

AR 6158.1

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### Written Agreements and Conditions

A written independent study athletics agreement shall be executed for each student participating in the program for five or more school days (Education Code 51747). To request that independent study athletics be used to satisfy whole or partial credit for the physical education curriculum and high school graduation requirement (if applicable), the parent/guardian of the student shall submit written application to the principal or designated school official. The following information shall be included in the application:

1. A statement for the out-of-school instructor which cites the instructor's qualifications or credentials and the official endorsement of the instructor's program and/or training facility.
2. A statement from the instructor which outlines the nature of the planned out-of-school instruction and specifies the time commitment that will be expected of the student.
3. A statement signed by the parent/guardian, holding Manhattan Beach Unified School District harmless from the responsibility/liability for any accident or injury to the student resulting from the out-of-school instruction.
4. Evidence from school records that the student's current grade point average is 2.0 or higher.

If the application is approved, a designated, credentialed physical education teacher will be assigned to oversee the student's athletics program. This P.E. teacher will analyze the student's sport/activity as described in the application to determine which California physical education standards will be met and which will not for the student's particular grade level. The student will be required to meet with his/her P.E. teacher as needed for instruction in the physical education standards lacking in the elite activity. Furthermore, the student will also need to meet with his/her P.E. teacher once each quarter (high school) or trimester (middle school) at least one week prior to the close of the grading period. The purpose of this meeting will be to review student progress, time schedules, and other provisions of the independent study athletics agreement. At the time of each of these meetings, the out-of-school instructor shall furnish a written statement verifying the student's participation in the out-of-school institution, citing the number of hours that he/she participated in the instruction, and assessing his/her achievement toward stated goals. At all times during the period of the independent study athletics agreement, the student's grade point average must be a 2.0 or higher, and the student must meet all requirements for participation in extracurricular and co-curricular activities, such as those outlined in Administrative Regulation 6145. If all conditions have been met, the physical education teacher overseeing the

### Class Schedule

During the period of the student's independent study athletics agreement, the student's schedule will be reduced by one class period because he/she will not be enrolled in a regular physical education class. The time period that would have been occupied by physical education may **not** be replaced by an additional course. The student's schedule is reduced by one class period in recognition of the time commitment involved in the out-of-school, elite physical activity and is intended to provide time for the study required in support of the core classes. **Regular assignment to the library or to other supervised study location shall not be permitted as part of Independent Study Athletics Program (ISA). Responsibility for ensuring study in support of the student's remaining classes lies with the student and his/her parents/guardians.**

**INDEPENDENT STUDY ATHLETICS****Non-Compliance with Conditions of Independent Study Athletics**

Should the physical education teacher overseeing a student's independent study athletics program deem that the requirements of the agreement have not been met, the permission to participate in the program will be withdrawn. In such cases, the student will be enrolled in a regular physical education course for the following quarter/trimester. Credit will not be granted to high school students for the quarter in which the review occurred. (Education Code 51747)

**Grading and Credit**

The designated physical education teacher overseeing each student participating in the independent study athletics program will assign a grade of pass or fail each grading period based on the documentation provided by the coach/instructor of the out-of-school, elite physical activity and the student's performance on any tasks assigned by the teacher. High school students who receive a grade of pass will also earn physical education credit for that grading period. (Education Code 51747)

**Physical Fitness Test for California**

The State Board of Education has designated the Fitnessgram as the state's required physical fitness test for students enrolled in grades five, seven, and nine. SB 601 requires that students score in the healthy fitness zone in five of six areas or better to obtain a passing score on this assessment. Areas measured by the test include aerobic capacity, body composition, abdominal strength, trunk extension, upper body strength and flexibility. Students who participate in independent study athletics in grades seven and nine must take the Fitnessgram and earn a passing score to continue in the program the following school year. Any student scoring in the healthy fitness zone on four or fewer areas will be enrolled in a regular physical education class the following school year and will not be eligible for independent study athletics until the student earns a passing score of five or six areas in the healthy fitness zone. (Education Code 60800)

**Visitations by School Personnel**

In order to validate the information contained in the application as well as the caliber of the outside instruction, school personnel reserve the right to visit the training site during the period of the independent study athletics agreement.

**INDEPENDENT STUDY ATHLETICS – Sports and Criteria****Criteria verification MUST accompany all ISA applications!**

Crew	Competed a minimum of 1 season in a varsity boat (excludes Novice Level)
Cycling	Ranked in the top 15 at Nationals in age division
Dance	Must meet <u>ALL</u> of the sections below: -Competed in at least <u>2</u> of the following competitions or like competitions the prior school year. (Jump - West Coast Dance Explosion-StarQuest-KAR-NUVO - Showstoppers, Spotlight or YAGP) -All advanced Level Classes for age -Must dance in the Studio's Company - Letter of verification from studio -List Summer Intensive Program(s) attended/auditioned
Equestrian	Competed and placed in 2 shows: Del Mar National's - Hits Desert Circuit - L.A. Jumping Festival (or like shows)
Fencing	US Fencing Association Rolling Point Standing for the athlete's age group or higher OR have a minimum USFA Rating of E or above.
Figure Skating	Juvenile (MBMS) Intermediate and above (MCHS)
Golf	AJGA Ranking - Top 150 (By Age)
Gymnastics	Competing at Level 6 - Optional Routines ONLY! (MBMS) Competing at Level 7 - Optional Routines ONLY! (MCHS)
Ice Hockey	Tier 1 or AAA
Martial Arts	Black Belt
Rock Climbing	Competed at Nationals (Individual not Team)
Sailing	Competed at Nationals the prior school year (2020-21)
Swimming	Meet Times 3 of 5 events: Motivational Times BB Times – MBMS A Times – MCHS
Tennis	USTA Junior Ranking - Top 150 (By age / Open Rankings ONLY!)

**Sports not qualifying for the ISA Program include, but are not limited to: Football, Baseball, Softball, Basketball, Volleyball (Indoor and/or Sand), Soccer, Water Polo and Surf.**

Outside gym and/or weight training programs may **NOT** be included in the minimum required hours!