



Purpose:

Offering Decatur High School students who have demonstrated proficiency in the standards related to personal fitness a waiver for the Personal Fitness credit requirement allows them the flexibility to take courses that better match their academic goals. Specifically, this waiver,

1. Recognizes efforts by students who satisfy the Personal Fitness course's standards through their participation in certain school-sponsored activity
2. Reduces the stress felt by students to balance graduation requirements with post-high school goals.
3. Increases customization for all students by providing opportunities that are not cost prohibitive. Virtual course enrollments have an associated cost that some DHS students are unable to utilize because of cost.

The Personal Fitness waiver is offered as a waiver only; no credit or grade will be assigned for Personal Fitness. It will be acknowledged as waived on the student's transcript. Eligibility for the personal fitness waiver will be implemented in Fall 2021. Students may not be "grandfathered in" based on past participation in an eligible sport or activity.

Eligibility for the Personal Fitness Waiver:

- One season of a sport at an accredited High School
- One season of Marching Band/Winter Guard at an accredited High School
- Three years of JROTC at an accredited High School

Students must start and finish the season in good standing. If students are concurrently enrolled in a corresponding academic course, they must also end the year with a passing grade. All eligibility requirements must be met by the end of the last semester of the student's junior year.

Process to apply for a Personal Fitness waiver:

1. Students who intend to waive Personal Fitness will turn in the completed [DHS Personal Fitness Exemption Request Form](#) during the registration period for the following school year (typically January-February). *The purpose is to inform the school that the student is planning to waive Personal Fitness and ensure that the student and parent are aware of the requirements and deadlines to obtain the waiver.*
2. Once the student has met the criteria for the waiver, he/she will request a verification signature from the designated school staff for the activity.
*The final deadline for students to submit a completed Waiver Form is the 1st Monday in May of their Junior year. **If a student turns in a waiver request form but does not meet the criteria and does not turn in a complete Waiver Form by the 1st Monday of May in their Junior year, then they will be required to take Personal Fitness their senior year.***