

**Chattahoochee High School**  
**Personal Fitness Waiver of State Board of Education Graduation Requirement**  
**2017-2018**

Students who meet one of the following criteria have the option to waive out of the physical education course required by the Georgia Department of Education: Personal Fitness (36.0510001)

**Personal Fitness Waiver Criteria**

<b>GHSA Option</b>	<b>Marching Band Option</b>
Successful participation in: <ul style="list-style-type: none"> <li>▪ 1 Complete Season of a Varsity or Sub-Varsity Sport</li> <li>▪ Participation to be verified by Athletic Director</li> </ul>	Successful participation in: <ul style="list-style-type: none"> <li>▪ 1 Complete Season of Marching Band</li> <li>▪ Participation to be verified by Band Director</li> </ul>

The waiver of the Personal Fitness course is optional and remains at your discretion. Students electing to waive the course will have the exemption noted on their transcript; however, no grade or course credit will be awarded. If you do not wish for your student to waive the Personal Fitness course, no further action will be necessary.

Please remember:

1. Students who sustain injuries that prevent successful completion of the season will not be eligible for the waiver during that season.
2. Students who choose to quit, are removed from their team, or are academically ineligible mid-season will not be eligible for a waiver during that season.

**Required Information:**

Student Name: \_\_\_\_\_ Graduating Class: \_\_\_\_\_

**Waiver criteria has been met through the following option:**

**GHSA Option - Sport** \_\_\_\_\_  
 (to be verified by Athletic Director)

**Marching Band Option**  
 (to be verified by Band Director)

*I verify the above named student has successfully met the criteria to waive the Personal Fitness course requirement.*

Verifying School Staff signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent/Guardian signature: \_\_\_\_\_ Date: \_\_\_\_\_

Student signature: \_\_\_\_\_ Date: \_\_\_\_\_

**Students must fulfill waiver criteria by the last day of the Spring semester in his/her Junior year.**  
**If the waiver criteria is not met by the stated deadline, the student will be required to take the Personal Fitness course during his/her Senior year.**

If you have any questions, please contact your child's School Counselor and/or any of the following school staff:

Athletic Director	JJ Hicks	<a href="mailto:HicksJ@fultonschools.org">HicksJ@fultonschools.org</a>
Band Director	Nick Garofalo	<a href="mailto:GarofaloN@fultonschools.org">GarofaloN@fultonschools.org</a>
Curriculum Assistant Principal	Camille Christopher	<a href="mailto:ChristopherC@fultonschools.org">ChristopherC@fultonschools.org</a>

## Personal Fitness Waiver FAQ

### 1. What does this Request for Flexibility (RFF) allow Chattahoochee to do?

This RFF allows Chattahoochee students to waive the graduation requirement of 0.5 credit for Personal Fitness.

### 2. What is the purpose of this RFF?

This RFF presents Chattahoochee students an alternative way to meet the graduation requirement of 0.5 credit for Personal Fitness through participation in Georgia High School Association (GHSA) sanctioned sports or Marching Band. This would reward our students for engaging in extensive physical activity outside the scheduled school day.

### 3. How would Chattahoochee students benefit?

Students will have greater flexibility in designing their school schedule to meet their interests and needs. By opening one period for one semester, students could enroll in electives for which they otherwise would not have room, participate in work/study activities, or pursue advanced coursework through traditional and virtual course offerings.

### 4. How do students qualify for this waiver?

Chattahoochee HS students may earn the Personal Fitness waiver through one of the following means: (1) completion of 1 season of a GHSA Varsity or Sub-Varsity Sport at Chattahoochee HS; or (2) completion of 1 season of Marching Band at Chattahoochee HS.

### 5. Are all grade levels eligible to apply for this waiver?

No. Only students in the Class of 2017 and beyond are eligible to apply. Waiver applications must be submitted by the last school day in May of their Junior year. Seniors are not eligible to apply.

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

No. Students who waive Personal Fitness will have a Personal Fitness Exemption code added to their transcript designating the waiver. No grade or credit will be assigned.

### 7. If transferring to another school, will the Personal Fitness waiver still be honored?

The waiver was approved specifically for Chattahoochee students only. If a student transfers to another school, even if it is another Fulton County school, the student will be required to fulfill the Personal Fitness credit.

### 8. Can students participating in club sports apply for a waiver?

The only sports approved for a waiver are those which are Georgia High School Association (GHSA) sanctioned.

Baseball	Cross Country	Gymnastics	Softball	Track & Field
Basketball	Football	Lacrosse	Swimming/Diving	Volleyball
Cheerleading	Golf	Soccer	Tennis	Wrestling

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

No. All RFFs take effect as of August 2016 and are not retroactive.

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

No. The RFF is approved only for participation in GHSA sports and Marching Band. Personal Fitness is required for graduation whereas other elective PE classes are not.

### 11. What is the process for obtaining the Personal Fitness waiver?

Once the student has met the criteria for the waiver, he/she will request the waiver form from the designated school staff for their activity. The final deadline for students to submit a completed waiver form will be the last school day in May of their Junior year. If a student does not meet the criteria and/or does not turn in a completed waiver form by the last school day in May of their Junior year, they will be required to take Personal Fitness in their Senior year.

### 12. When and where will the waiver forms be available?

Waiver forms will be available in the Fall of the 2016-2017 school year. Once a student has met the Personal Fitness waiver criteria, they should request a waiver form from the school staff member designated for their activity or pick up a form in the Counseling Office.

**Athletics:** Athletic Director

**Marching Band:** Band Director

### 13. When does this waiver process go into effect?

The waiver will go into effect starting in the 2016-2017 school year and will only apply to students in the Class of 2017 and beyond.