



INSTRUCTION

Health and Physical Education ~~Fitness~~ Mastery-Based Credit

Demonstrating Mastery ~~Competency~~/Proficiency in Knowledge of Health

The district will manage the assessment process so that students seeking mastery competency-based credit can demonstrate mastery competency/proficiency in health skills. Mastery-based credit can be used either for awarding credit in place of a traditional course, or for credit recovery purposes. A student may receive ~~recover~~ a one-half (0.5) health credit if the student meets standard on a district created assessment that is aligned to state learning standards, such as a portfolio of student work.

Students may obtain up to 0.5 health credit for passing a district-created assessment that is aligned to state learning standards. Students do not need to have attempted and failed a course before being eligible for these options:

- Locally created written or oral test;
- Student-designed portfolio of work;
- Student presentation or oral defense of their learning in the course;
- Hands-on demonstration of knowledge and skills; or
- A combination of assessment approaches, as defined by the district.

Equivalency course of study: Students may receive credit for learning experiences outside of school that align to state learning standards, in accordance with Board [Policy 2409](#), Granting Equivalency Credit, and [WAC 392-410-300](#).

Demonstrating Mastery ~~Competency~~/Proficiency in Physical Education Knowledge

The district will manage the assessment process so that students seeking mastery competency-based credit can demonstrate mastery competency/proficiency in knowledge of physical education fitness. Students may waive one-half credit (0.5) of physical education per semester. Students who waive physical education credits pursuant to [RCW 28A.230.050](#) must still demonstrate sufficient proficiency in health and physical education knowledge. Students may earn one-half credit (0.5) of physical education by demonstrating sufficient proficiency as follows:

1. First course (0.5 PE credit)

The student must meet proficiency/mastery competency at 70% or higher in one of the following:

- OSPI-developed fitness assessment: Concepts of Health and Fitness; or
- District-approved fitness assessment (cognitive assessment on fitness education).
- A student may obtain (0.5) credit for passing a district created assessment that is aligned to state learning standards.

2. Second course (0.5 PE credit)

The student must meet proficiency/~~mastery competency~~ at 70% or higher in one of the following:

- OSPI-developed fitness assessment: Fitness Planning; or
- District-approved fitness assessment (cognitive assessment on fitness education that is different than first waiver).
- **A student may obtain 0.5 credit for passing a district created assessment that is aligned to state learning standards.**

3. Third course (0.5 PE credit)

The student must meet proficiency/~~mastery competency~~ in one of the following:

- District-approved fitness plan/portfolio at 80% or higher; or
- District-approved fitness assessment (cognitive assessment on fitness education that is different than second waiver) at 70% or higher.
- **A student may obtain 0.5 credit for passing a district created assessment that is aligned to state learning standards.**

The district collects and annually reviews disaggregated data to see which subgroups of students are receiving mastery-based credit. If disproportionality is found, the district takes appropriate actions to ensure equitable access to these crediting opportunities.

Cross reference: [Board Policy 2406](#)

Health and Fitness