

**CARDINAL HIGH SCHOOL PERSONAL FITNESS WAIVER**

State Board of Education Graduation Requirement

RETURN COMPLETED FORM TO THE SCHOOL COUNSELOR

Cardinal High School students who meet one of the following criteria have the option to exempt Personal Fitness, a physical education course required by the Iowa Department of Education. Students will not receive credit for the course, but the transcript will reflect that the student exempted the course, thereby satisfying the State BOEE requirement.

**Waiver Criteria:**

Full Academic schedule without any open periods or study halls for the school year.

---Successful participation in One Complete Season of a IHSA-sanctioned sport

---Successful participation in One Complete Season of Marching Band

The exemption of the Personal Fitness course is optional and remains at your discretion. If you do not wish for your child to exempt the Personal Fitness course, no further action will be necessary.

I verify that \_\_\_\_\_ has successfully met the criteria to exempt the Personal Fitness course requirement and has opted to take another course in its place.

Parent/Guardian \_\_\_\_\_ Date \_\_\_\_\_

Student \_\_\_\_\_ Date \_\_\_\_\_

\_\_\_\_\_ Semester 1 \_\_\_\_\_ Semester 2 \_\_\_\_\_ Full Year

\*Students must fulfill exemption criteria AND submit this form before the **last day of the semester** during which the eligibility requirement was met. If this form is not submitted by this deadline, the student will then be required to take the Personal Fitness course.

If you have any questions, please contact your student's school counselor and/or building principal.

**FOR OFFICE USE ONLY**

Student's Name: \_\_\_\_\_

Graduating Class: \_\_\_\_\_ Exemption criteria has been met through which of the following options: \_\_\_\_\_ IHSA Option (to be verified by Athletic Director) \_\_\_\_\_ Marching Band Option (to be verified by Band Director)

Verifying School Staff's Signature \_\_\_\_\_

# High School PE Exemption

Please have a parent sign and  
return *ASAP* to exempt from  
Credit.