

# *Criteria for Physical Activity Practicum*

Students must complete a minimum of **55 hours** of **physical activity participation** over a period of time that contributes to cardiorespiratory endurance at a **moderate** to **vigorous** intensity level plus one or more of the other health-related fitness components (muscular strength, muscular endurance, and flexibility).

The selected physical activities must be safe, ethical, and age/developmentally appropriate, and they may include:

- a. **school-based** physical activities (e.g., physical education classes, interschool sports, intramural programming, special events, or regularly scheduled activity offerings such as a morning running club)
- b. **non-school-based** physical activities (e.g., community-based sports programming such as a hockey team, fitness club, aerobics classes, weight training, special-interest club such as karate, home-based exercise or fitness development such as jogging, television or video exercise programs, family/church/community-organized activities)

Students must address risk-management measures for their selected physical activities.

Forms must be completed prior to students' participation in the physical activity practicum and upon its completion:

1. **Pre-Sign-off Form:** Before students begin the physical activity practicum, a Declaration and Consent Form must be signed. For a student under 18 years of age, the form must be signed by his or her parent and by the student. For a student 18 or over, the form must be signed by the student.
2. **Post-Sign-off Form:** To verify that students have participated in and accurately recorded their participation in the physical activity practicum, a form must be signed by the parent for students under 18 or by the parent/authorized adult for students 18 and over.

Students are required to submit a **personal fitness portfolio** as evidence of their completion of the physical activity practicum. The personal fitness portfolio will contain the following:

1. physical activity plan
2. safety and risk-management plan
3. Parent and Student Declaration and Consent Forms
4. physical activity log (a record of a minimum of 55 hours of moderate to vigorous physical activity that is safe, ethical, and age/developmentally appropriate)
5. fitness portfolio reflections

