

## **Individual Sports/Fitness Exam for Credit Information**

Due to the strenuous physical nature of the Physical Education exam, it will be administered in three sections as outlined below.

### **Section 1 – Written Exam, Saturday, May 20th, 2023 (Approximate time 9:00 – 10:30 am)**

The individual Sports/Fitness Test will be a written exam administered with all other Exam for Credit exams at 9:00am on May 20<sup>th</sup> at Rochester High School.

As students complete the written portion of the test, teachers will immediately scan the results. Students who pass this portion of the exam with a 77% or higher will go on to Section 2.

### **Section 2 – Personal Fitness, TBD (Approximate time 1 hour)**

This portion of the exam will include jogging, sit-ups, push-ups, curl-ups and calculation of BMI. It will be administered at the Rochester High School track immediately following the written exam.

Students must wear appropriate gym attire and sneakers. They should bring a bottle of water.

Students who pass the Personal Fitness section of the test with a 77% or higher will be given a 20-30 minutes break before completing Section 3. Students may bring a snack to eat at this time if they wish.

### **Section 3 – Fitness and Skills Assessment TBD (Approximate time 3 hours)**

The Skills portion of the exam consists of demonstrating skills in swimming, basketball and tennis.

Students will need to wear proper gym attire and sneakers. They should bring a swimsuit/swim trunks, goggles (recommended) and a towel.

For the Personal Fitness and Skills portions of the Exam for Credit, students must meet the minimum standard that has been set for each test item in order to earn credit for that item.