

Milton High School



Personal Fitness Waiver State Board of Education Graduation Requirement

RETURN COMPLETED FORM TO YOUR COACH OR ACTIVITY SPONSOR

Milton High School students who meet one of the following criteria have the option to exempt Personal Fitness, a physical education course required by the Georgia Department of Education. Students will not receive a grade or credit for Personal Fitness, but the transcript will reflect that the student exempted/waived the course, thereby satisfying the State BOE requirement. Students who exempt/waive the Personal Fitness course will still need 23.0 credits for graduation. NOTE: The exemption of the Personal Fitness course is optional and remains at your discretion. Winter Sports, Spring Sports, and Equestrian students must earn the waiver by the end of their junior year.

Personal Fitness Waiver Criteria			
GHSA Sport Option	Marching Band Option	Cirque Performance Option	Equestrian Option
Successful participation in one complete season of a GHSA-Sanctioned sport offered at MHS (excluding One Act Play and Literary Competitions). Participation to be verified by Coach & Athletic Director.	Successful participation in one complete season of Marching Band. Participation to be verified by Band Director.	Successful participation in the Fall Semester of Performance Cirque and all Conditioning Activities with a 95% class participation rate and no more than 4 absences. Participation to be verified by Cirque Teachers.	Successful participation of 25 one hour long lessons and participation at 5 Horse Shows for the season. Participation to be verified by Activity Sponsor.
** please review the Personal Fitness FAQ document posted on the MHS website for detailed information**			

Student Name: _____ **Sport/Activity:** _____ **Graduation Year:** _____

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 Signature: _____ **Date:** _____

Student Signature: _____ **Date:** _____

Date entered on transcript: _____

*Students must fulfill the exemption criteria AND submit this form by 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 or Coach/Teacher/Activity Sponsor.

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Exemption Criteria has been met through which of the following options:

- GHSA Sport
 Marching Band
 Cirque
 Equestrian

Athletic Director's Signature: _____ **Date:** _____

Band Director's Signature: _____ **Date:** _____

Verifying Teacher's/Sponsor's Signature: _____ **Date:** _____