

2019 Independent Study Physical Education (ISPE)

The SDUHSD ISPE application window will open
Monday, April 15, 2019, at 8:00 AM.

For the 2019- 2020 School Year:

1. Please review the eligibility criteria in the right hand column.
2. If eligible, each ISPE student must first complete [Step 1](#) with student name, grade, school, ISPE sport/activity, parent email. [Step 1 must be completed before April 30.](#)
3. Once Step 1 is complete, the application will be reviewed to determine whether it meets the eligibility criteria.
4. After Step 1 submission is reviewed by ISPE Committee, a notification will be sent to parent email with the outcome and required next steps which must be completed before May 31.

Please review [ISPE Frequently Asked Questions](#) for more specific information.

If you have questions that are not answered in these materials, please email ispe@sduhsd.net.

The ISPE application process will end promptly at 3:30 pm on Friday, May 31, 2019. All required materials must be received by this date. There will be no exceptions to the deadline.

Sincerely,
SDUHSD ISPE Committee

ISPE Eligibility Criteria

Student must meet at least one of the following:

- Ranked by an association in an individual sport or performs at an advanced level in a sport or physically active performing art.
- Medically unable to participate in regular P.E. classes even with modified program, and is under a physician's supervision, and will follow prescribed physical activities. Documentation is required.
- Class schedule is impacted by a specialized program or needs-based intervention course, which prevents them from taking a general education elective during the school day.

High School Only

- Has already fulfilled 20 credits high school Physical Education graduation requirement and requests to take ISPE for elective credits
- Is a member of a team or sport not offered at school; the team practices and competes on a schedule comparable to a high school sport in season. ISPE programs comprised of sports offered at school may not be approved.

[Note: Effective in the 2019-20 school year, for ALL Incoming 7th & 9th grade students working out at a private gym \(yoga, weights, etc.\) or with a personal trainer will NOT qualify for ISPE.](#)