

IROQUOIS SCHOOL DISTRICT

Policy Regarding Health & Physical Education Regulations
From Basic Education Circular (BEC) #154

(Adopted: 03/17/1978)

Health & Physical Education:

A. Health Education:

Regulations:

A planned program of health education shall be taught to each student as a part of the instructional program at the elementary, middle and/or junior high and senior high level. Programs shall include preventive education in current health problem areas and shall be designed to help every child to acquire good health habits and understanding of the conditions necessary for maintaining physical and emotional well being.

B. Physical Education:

Regulations:

Each student in each grade shall participate in a planned program of physical education. The planned program shall include activities which

1. Assist each student to attain and maintain a desirable level of physical fitness.
2. Develop desirable competencies for participation in sports lifetime in nature, team sports and games.
3. Promote an understanding of the relationship between regular physical activity and health.
4. Provide sports, games and other physical activities that promote self-confidence and the ability to work in a group.
5. Require co-education instruction at the elementary level and provide co-education at the middle and/or junior high and senior high school levels.

C. Adapted Physical Education:

Regulations:

An adapted physical education program designed to meet the individual needs of boys and girls shall be included in the planned program at the elementary, middle and/or junior high and senior high school levels.

The adapted physical education program shall be available to boys and girls who, for physical, psychological or other reasons, are unable to participate in the regular physical education program.

D. Intramural Programs:

Regulations:

Each school district shall develop and conduct, as part of its Long-Range Development Plan, a program of intramural activities for all upper elementary grade students (Grades 4-6) and all secondary grade students. The intramural program shall provide all students with the opportunity to participate through the school year at a level appropriate to their interest and ability. The plan shall insure that the intramural program provides all boys and girls with equal access to

1. school facilities
2. appropriate instruction
3. scheduled program time
4. number of activities
5. equipment, supplies and services
6. co-educational activities
7. funding appropriate to the sport.

E. Inter-scholastic Athletic Programs:

Regulations:

1. All inter-scholastic athletic programs shall be conducted in accordance with regulations of the State Board of Education.
2. Separate programs of inter-scholastic athletics shall be available to boys and girls, which provide equal access to
 - a. school facilities
 - b. coaching and instruction
 - c. scheduling of practice time and games
 - d. number of activities at each level of competition
 - e. equipment, supplies, and services
 - f. funding appropriate to the sport
3. School districts may also sponsor co-educational teams
4. No rules may be imposed that exclude girls from trying out for, practicing with, and competing on, boys' inter-scholastic teams.

F. Part-time Employees:

Regulations:

Boards of school directors may employ as coaches, persons who are not full time employees of the school district, but who meet the following requirements:

1. Have satisfactorily completed a program of study for certification approved under regulations of the State Board of Education to develop the following competencies:
 - a. First aid, care and prevention of athletic injuries and rehabilitation following injury.
 - b. Impact of sport upon the behavior of the athlete and his or her relationship with the culture and society.
 - c. Theory and techniques necessary to coach a sport or sports at the inter-scholastic level.
 - d. Anatomical and mechanical principles of sports skills
 - e. Scientific principles as applied to strength, muscular and cardiovascular endurance in training and conditioning for sports.
2. Shall perform duties consistent with a documented statement of need submitted by the Board of School Directors for the approval of the Secretary of Education.

Written approval of the Secretary of Education is required before a part-time coach may be employed. *Planned Course - a planned course shall consist of at least a written statement of objectives to be achieved by students; content to be used to reach objectives for which credit is awarded at junior high and senior high school levels; expected levels of achievement; and procedures for evaluation.