

# High School Physical Education Waiver



Developmental Research School  
at the University of Florida

Student Name \_\_\_\_\_ Graduation Year: \_\_\_\_\_

Parent/Guardian Name \_\_\_\_\_ Signature: \_\_\_\_\_

Florida law requires students to take one (1) credit in physical education to include the integration of health (Health Opportunities through Physical Education) as a high school graduation requirement. Effective July 1, 2017, students participating in two complete seasons of an interscholastic sport at the junior varsity and/or varsity level have the option to waive this HOPE course requirement. A complete season (in a sport) is defined as attendance and participation in both the practices and competitive events from the allowable first day of practice to the elimination of a team from FHSAA tournament competition.

Course Title: HOPE – Physical Education Variation Course Number: 1506320

This course is offered in two formats: 1) on campus 2) fully online but still through P.K. Yonge  
Major concepts/content: The purpose of this course is to develop and enhance healthy behaviors that influence lifestyle choices and student health and fitness.

The content should include, but not be limited to the following:

- Biomechanical and physiological principles
- Prevention and control of lifestyle diseases – risk factor assessments, includes chronic diseases, communicable and noncommunicable diseases such as HIV/AIDs, other STDs, heart disease, diabetes, cancers, asthma
- Development of an individual wellness plan
- Responsible decision making
- Development of an individual nutrition plan
- Completion of a behavior change project
- Analyzing of skills related fitness
- Safety and injury prevention – (hydration, injury, violence, environmental issues, CPR)
- Safety education practices
- Analyzing consumer information and community resources
- Interpersonal communication – communication, relationships, sportsmanship
- Tobacco, alcohol, and other drug use and abuse – risk and protective factors • Advocating for health and fitness promotion
- Technology application to facilitate health and fitness
- Apply fitness and health concepts

To request a waiver, complete this form with all required signatures and return it the Main Office.

The form will be filed in the student's cumulative folder. Transfer students are required to follow the same procedures and obtain the Athletic Director's signature from their 'sending' school and include the school's stamp/seal.

1200 SW 6th Street, Gainesville, FL 32601

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Complete all information below:

## Season 1

District/School: \_\_\_\_\_ Year: \_\_\_\_\_

Sport: \_\_\_\_\_ Level: \_\_\_\_\_

Coach Name: \_\_\_\_\_ (no signature required)

## Season 2

District/School: \_\_\_\_\_ Year: \_\_\_\_\_

Sport: \_\_\_\_\_ Level: \_\_\_\_\_

Coach Name: \_\_\_\_\_ (no signature required)

*By signing this form, I declare that I have completed two seasons of either a JV and/or varsity interscholastic sport, and I am choosing to waive the HOPE course. We at P.K. Yonge DRS will accept waivers for JV and varsity cheerleading for the graduating cohorts of 2023 and 2024 only. I understand that I am not earning credit but am waiving this graduation requirement and the content that is covered in the HOPE course.*

Student Signature \_\_\_\_\_ Date: \_\_\_\_\_

Parent/Guardian Name Signature \_\_\_\_\_ Date: \_\_\_\_\_

Verified by the Athletic Director: \_\_\_\_\_ Date: \_\_\_\_\_

\*\*\*\*\*Office Use Only\*\*\*\*\*

Date entered in Skyward \_\_\_\_\_