

**High School Physical Education
Graduation Requirement Waiver**

Student Name: _____ Student Number: _____

Parent/Guardian Name: _____

Florida law requires students to take one (1) credit in physical education to include the integration of health (Health Opportunities through Physical Education(HOPE) course) 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.

Health Opportunities through Physical Education- HOPE Course (3026010)

The purpose of the HOPE course is to develop and enhance healthy behaviors that influence lifestyle choices and student health and physical fitness. In addition to physical education content, students opting to waive this course will not receive instruction on the following Comprehensive Health Education topics pertaining to but not limited to:

- social, emotional, and mental health;
- health and skill related components of physical fitness;
- healthy vs unhealthy choices and decisions;
- sexual reproduction and sexual health education;
- nutrition and wellness planning;
- disease and disorder awareness and prevention;
- consumer awareness and health advocacy;
- first aid, CPR, and AED Training;
- alcohol, tobacco and drug prevention and abuse;
- teen human trafficking awareness and prevention;
- teen date violence awareness and prevention;
- communication and refusal skills;
- goal setting and conflict resolution;
- injury prevention;
- stress management;
- internet safety; and
- water safety.

Although students that opt out of the HOPE course will not receive instruction in Comprehensive Health Education, they are strongly encouraged to enroll in other physical education elective courses.

To request a waiver, complete this form with all required signatures and return it to the Assistant Principal of Administration (APA) of the school. The APA will forward the completed copy to the guidance office for student record updates and it will be filed in the student's cumulative folder. Transfer students are required to follow the same procedures and obtain from their sending school the APA/Athletic Director signature below, to include the school's stamp/seal.

Complete all information below:

Season 1

District/School: _____ Year: _____

Sport: _____ Level: _____

Coach Name: _____

(No signature required here)

Season 2

District/School: _____ Year: _____

Sport: _____ Level: _____

Coach Name: _____

(No signature required here)

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. I understand that I am not earning credit, but waiving this graduation requirement and the content that is covered in the HOPE course.

Student Signature: _____ Date: _____

Parent Signature: _____ Date: _____

For Office Use only

Verified by the APA/Athletic Director: _____ Date: _____

DP/Registrar: *(Date entered in mainframe)* _____ Date: _____