Wenatchee High School
Fitness Course Equivalency
This Course is Pass/Fail

Requirements:
Each student must take 1.5 credits of Fitness to graduate from Wenatchee High School. One credit must be taken at Wenatchee High School. ONLY .5 (one semester) credit can be taken through a course equivalency.

To set up a .5 Fitness Equivalency, at Wenatchee High School, a student must:

A.) *Meet with the Fitness Department Equivalency Coordinator to approve and set up the course equivalency process.*

B.) Pay a per diem rate for course administration

C.) Complete an 18 week program that must include:
   ▪ 3 to 5 days a week of cardiovascular exercise in target heart zone.
   ▪ AND a muscular strength/endurance (weightlifting) fitness program a minimum of 2 days a week.

   *This program must be approved before starting by the Fitness Department Equivalency Coordinator at WHS.*

   ✓ The cardiovascular portion must be in your target heart zone for at least 20-40 minutes at least 225 minutes/week. The muscular strength/endurance (weight lifting) portion must be done 2-3 times a week and include lifting of all major muscle groups.

   ✓ This program must be signed off on a weekly basis by a personal trainer associated with a local fitness center, or a coach in charge of an organized competitive cardiovascular and lifting program.

D.) You must keep a daily fitness journal with date, duration and type of activity. List the date and amount of time for all cardiovascular activities (must be in target heart zone for at least 20-40 minutes). List the date and all of the lifts (include lifts of all major muscle groups) with amount of weight, sets and repetitions. The fitness journal needs a weekly verification signature (personal trainer or coach) to include name, title, and phone number.

E.) Complete a lifetime fitness plan using the format and rubric set up by the Fitness Department at Wenatchee High School.

Revised: 5/06