

ALASKA



Amount of Required Physical Education: The state does not require physical education in elementary or middle school/junior high school. The state requires high school physical education for graduation, but it does not specify the grades of participation, nor the required minutes per week of physical education.

Physical Education Equipment and Facilities: The state does not annually assess the availability of appropriate equipment and adequate facilities for students to engage in required physical education instruction.

High School Graduation Requirements: The state requires students to complete 1.0 credit in physical education,² 1.0 credit in health, or 0.5 credit of each for graduation. (Note: Students can graduate with 1.0 credit in health only.)

Substitutions: The state permits school districts or schools to allow students to substitute interscholastic sports or cheerleading for required physical education credit.

Exemptions/Waivers: The state permits schools or school districts to apply for a waiver from state physical education requirements. Each district has individual guidelines regarding who has the authority to grant waivers regarding physical education. There is no state authority. Students may apply for an exemption from participation in the physical education class time or required credit. Students may receive an exemption by participating in other academic courses, Advanced Placement courses, or for medical reasons.

Physical Activity: The state does not require elementary schools to provide daily recess, and it does not require a minimum weekly amount of physical activity time for elementary, middle school/junior high, or high school students. Classroom physical activity breaks are not required. The state does not prohibit the use of withholding physical activity, including recess, as punishment for disciplinary reasons, nor does it prohibit the use of physical activity as punishment for inappropriate behavior.

Local School Wellness Policy: The state requires schools or school districts to provide their local school wellness policy to the state education agency, and to post the policy online, making it available to the public. The state monitors implementation of the parts of the local school wellness policies that are required through

the federal Healthy, Hunger-Free Kids Act. This monitoring is done through the Child Nutrition Program at the state Department of Education and Early Development.

State Standards: The state has adopted standards for physical education,³ with which all school districts are required to comply.⁴ [The Alaska Physical Education Standards](#) were last revised in March 2010.

Areas addressed in the state standards include:

National Standard 1: Competency in a variety of motor skills and movement patterns

National Standard 2: Knowledge of concepts, principles, strategies and tactics related to movement and performance

National Standard 3: Knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness

National Standard 4: Responsible personal and social behavior that respects self and others

National Standard 5: Value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction

State Curriculum: The state requires school districts and schools to use a curriculum aligned with the state standards for physical education, but does not require a specific curriculum. The governing body of a district must review each content area at least every six years by way of a systematic evaluation of the curriculum. The state has not promoted physical education curriculum tools or the use of the Physical Education Curriculum Analysis Tool (PECAT) to school districts or schools.

State Funding for Physical Education Programs: General education funding is available for the state's physical education programs in school districts and schools. No additional funding is available for physical education programs.

Class Size: The state does not have a required student-teacher ratio for academic or physical education classes.

Grade Point Average (GPA): The state does not require[s] physical education grades to be included in a student's GPA.

Online Physical Education Courses: The state allows students to earn required physical education credits through online physical education courses.

Student Assessment Requirements: The state does not require student assessment related to state physical education standards.

Fitness Assessment: The state does not require student physical fitness assessment.

Body Mass Index (BMI): The state does not require schools to collect BMI or students' height and weight.

Certification/Licensure of Physical Education Teachers:

The state does not require physical education teachers to be state certified/licensed and endorsed to teach physical education for any grade levels and to teach online physical education courses. Elementary classroom teachers (generalists) are allowed to teach required elementary school physical education classes. The state requires that those who teach physical education pass a physical education certificate/licensure exam before they are endorsed to teach physical education.

Professional Development of Physical Education

Teachers: Professional development is required to maintain/renew one's physical education teacher certification or licensure and this professional development must be on physical education topics.

The state does not provide events or funding specifically for physical education teachers.

Teacher Evaluation: The state does not have a teacher evaluation system for all teachers.

National Board Certification: The state supports the National Board Certification process by actively promoting and encouraging teachers to register for the process and providing partial funding only if the teacher receives board certification.

District Physical Education Coordinator: The state does not require each school district to have a licensed physical educator serving as a physical education coordinator. It does not have designated staffing to oversee implementation, compliance, technical assistance or monitoring of physical education programs in school districts and schools.

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2 Alaska Admin. Code tit. 4, § 06.075 (2015).

3 Alaska Admin. Code tit. 4, § 04.140 (2015).

4 Alaska Admin. Code tit. 4 § 05.080 (2015).