

**Recommended Test-Out Procedures  
Roseville Area High School: Physical Education Class**

**There are two parts for each Physical Education Department Test-Out exam.**

**Part I:** Fitness Test

**Part II:** Written Test

**Part I: Fitness Test**

Students will complete the battery of fitness assessments utilizing Fitnessgram. They must meet the Upper End of the Healthy Fitness Zone criterion-referenced health related fitness standards for their age and gender. The assessments are as follows: cardiovascular endurance (Mile and Pacer run), muscular strength and endurance (curl ups and push ups), flexibility (back saver sit and reach), and trunk lift (flexibility of your lower back).

**If students reach the Upper End of the Healthy Fitness Zone in 5 out of the 6 tests, they move to the written assessment portion of the test-out. If students do not pass 5 out of the 6 tests, they are finished with the test out process and must take the Physical Education course.**

To find out what numbers you need to score to pass each of the fitness tests, please stop by Amber Krug's office in Student Support Services. Female scores are on page 1 and Male scores are on page 2.

**Part II: Written Test**

Students will be given a written test based on the rules, etiquette, and strategies of the activities taught in our Physical Education curriculum offered at Roseville Area High School. Students will be provided with the units that are taught in that course. Teachers will not provide tutoring or reference materials. **Students must pass the written exam with a 80% or higher.**

**Roseville Area High School Units**

<b>PE 9</b>	<b>PE 10/11</b>	<b>Health</b>
<b>Basketball</b>	<b>Tennis</b>	<b>Mental Health</b>
<b>Volleyball</b>	<b>Badminton/Table Tennis</b>	<b>Nutrition</b>
<b>Team handball</b>	<b>Archery</b>	<b>Human Sexuality</b>
<b>Floor hockey</b>	<b>Gymnastics/Tumbling</b>	<b>Chemical Health</b>
<b>Softball</b>	<b>Broomball</b>	<b>First aid/CPR</b>
<b>Soccer</b>		
<b>Flag Football</b>		

**\*\* Teachers will not provide tutoring or reference materials.**

**RAHS Test Out for Credit Steps to Follow:**

- Student will complete the **Application for Test Out for Credit form** that can be obtained from Student Services.
- Student submits completed application to school counselor, **Amber Krug** by the last day of Tri 2
- Amber Krug will notify students of the date and location for the test-out. Usually occurs in the 1<sup>st</sup> or 2<sup>nd</sup> week of April. Tests usually completed in 1 day.
- A letter indicating results will be mailed by May 15.
- If credit is earned, the student must then see the counselor prior to the end of the current school year to change the student's schedule.

**What to bring with you on the day of Test Out:**

- Student I.D.
- Dress in fitness attire and dress for the weather as we will run the Mile on the track.
- Plan for about 2-3 hours.
- Pencils for written portion

**Date and meeting place of the Physical Education Test Out:**

- Wednesday, April 17 - Meet in the Lower Gym by the Wrestling Room at 2:50pm**
- Make up day if the weather doesn't cooperate will be on Wednesday, April 24. This makeup day is only for weather-related!
- Please listen for announcements if Test Out will be postponed due to weather.