



Credit Capture - Report and Questionnaire

Student Information

First Name: _____ Last Name: _____ Date: _____

Email Address: _____ Coach's Name: _____

Jr. High or High School: _____

Please Select which credits you currently have:

Participation Skills Individualized Lifetime Activities I Don't Know

Questions for Core P.E. Credit

Note: Your Credit cannot apply toward Fitness for Life or Health. Your participation will allow you to apply 0.50 Credits to replace either **Participation Skills or Individualized Lifetime Activities**. If you are planning on applying the other 0.50 Credit as **Participation Skills or Individualized Lifetime Activities** you will need to answer the following questions. If you are going to be using your Credits as electives or if you only need a total of 0.50 credit to apply toward P.E., then skip this section and proceed directly to the Report.

Have you participated in at least four other lifetime activities this year? Please select or enter the activity and provide a brief explanation of how the skills, training, movement, stamina, aerobic strength, focus, or persistence learned from your activity has help you to be better in a lifetime activity or skill. These activities could include any of the following:

- 1) Outdoor Activities: - hiking / walking / hunting / rock climbing/ road cycling / trampoline / skiing or snow boarding
- 2) Individual Performance Activities: acting / juggling / jump rope / weight lifting / stretching / warm-up exercises
- 3) Dance Activities: hip-hop / jazz / ballet / contemporary / ballroom / break dancing
- 4) Aquatics: swimming / diving / racing / water skiing / wake boarding / wake surfing
- 5) Target Activities: archery / rifle shooting / pistol shooting / shotgun shooting / darts / horse shoes / paint ball
- 6) Traditional Sport Activities: football / baseball / track / basketball / soccer / volleyball / lacrosse / rugby

Activity #1 _____ Type of Activity: _____

Activity #2 _____ Type of Activity: _____

Questions for Core P.E. Credit - Continued

Activity #3 _____ Type of Activity: _____

Activity #4 _____ Type of Activity: _____

Written Report Instructions

Prior to receiving credit you will need to include a two to three –page report on your experiences this season. It should be well written and grammatically correct. If the report isn't up to high school standards, then it may be returned to you for revision and resubmittal. You can type it in another location and copy and paste it into this form or type it directly into the document. If either of those options don't work, feel free to email your report to enrollment@altaindependent.com. Here are a few suggestions of items that may be considered and included in your report:

- What are some of the mental, social, and psychological health benefits of your activity?
- What strategies did you use to encourage others to participate?
- What did you learn about proper preparation and the importance of diet, hydration, warming-up, teamwork, safety, and/or other items that may have improved your performance? What were some major challenges that you faced over the course of the season?
- What steps did you take to appreciate, improve, and protect the environment?
- What communication skills and strategies did you use to promote the team dynamics?
- How did you communicate with team members to solve conflict without confrontation (e.g., bullying)? Describe how both proper nutrition and exercise helped you to prepare for your activity.
- Did you participate in any visualization techniques to improve your performance?
- Describe some of the risks associated with performing in heat, humidity, and cold.
- Feel free to include any other good or bad experiences you may have had throughout the season.

Please submit your report on the following page...

