

**Lutheran High School of Indianapolis  
Alternative Physical Education Program  
(APEP)**

<b>Fall</b>	<b>Winter</b>	<b>Spring</b>	<b>Summer</b>
<b>IHSAA Fall Sports</b>	<b>Winter IHSAA Sports</b>	<b>Spring IHSAA Sports</b>	<b>Summer Participation</b>
<b>Due by December 31<sup>st</sup></b>	<b>Due by April 1<sup>st</sup></b>	<b>Due by the last Day of school</b>	<b>Due by the First day of school</b>

Lutheran High School students may earn a physical education credit for PE I or PE II through participation in the Alternative Physical Education Program (APEP). Two (2) physical education credits are required for graduation. Students may earn a maximum of two (2) credits for APEP. If a student has already received two (2) PE credits through regular PE classes or a combination of regular PE classes and APEP, they cannot receive further credits through APEP.

1. APEP has been approved ONLY for the following activities:
  - a. All IHSAA school sponsored sports
  - b. Summer participation in an activity sponsored by Lutheran High School, pre-approved by the principal, with supervision conducted by an employee of Lutheran High School.
2. The application and activity log for APEP is available from the office or through the LHS website. The application is to be completed following the activity, with signatures collected from the student, parent, and coach/instructor. The student should complete the activity log as he/she completes the activity.
3. To receive a credit, the student must participate in a sport and receive at least 60 hours of direct instruction from his/her coaches or instructors, keep an activity log, and submit a completed application to the office by the due dates listed above.
4. If the sport does not meet the requirements of sixty (60) hours, then it may be combined with another sport within the academic school year.
5. All students who complete the sixty (60) hours of direct instruction/contact time and complete the application will receive an "A" for the physical education course and a licensed Physical Education teacher will issue the grade. Students must apply for each credit. Students will be limited to one (1) credit per sport season. Credit will be issued at the end of the semester. Summer participation hours in a school-sponsored sport under the direct supervision of a coach may be combined with another sport within the following school year to obtain the one (1) credit.
6. Failure to provide the proper documentation or failures to meet the indicated deadlines will result in no credit being issued.
7. Team managers cannot receive participation hours.
8. Cheerleading, Bowling, and Boys Volleyball are not IHSAA sanctioned sports and cannot receive participation hours.
9. If an APEP credit is granted for participation in one sport, a second APEP credit for participation in that same sport activity will not be granted.

**Application Directions:**

**The student must complete the activity log and submit it with this form to the office no later than listed deadline for the season with all completed signatures.**

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Name \_\_\_\_\_ Grade \_\_\_\_\_

Activity/Sport \_\_\_\_\_

**TO THE STUDENT:**

I have participated in an Alternative Physical Education Program (APEP) sport/activity and met the sixty (60) hours of direct instruction/contact time.

Student Signature \_\_\_\_\_ Date \_\_\_\_\_

**TO THE PARENT/GUARDIAN:**

My son/daughter participated in an Alternative Physical Education Program (APEP) sport/activity and met the sixty (60) hours of direct instruction/contact time.

Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_

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**This section to be completed by the COACH/SUPERVISER**

The student participated in an Alternative Physical Education Program (APEP) sport/activity and met the sixty (60) hours of contact time. I understand there is no additional compensation from Lutheran High School for assuming the responsibility.

Name of Coach/Instructor \_\_\_\_\_

Coach/Instructor Email \_\_\_\_\_

Signature of Coach/Instructor \_\_\_\_\_ Date \_\_\_\_\_

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**This section to be completed by a certified PHYSICAL EDUCATION TEACHER**

I approve of this student's participation in the Alternative Physical Education Program (APEP)

Signature of certified Physical Education Instructor \_\_\_\_\_ Date \_\_\_\_\_

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**This section to be completed by the GUIDANCE COUNSELOR**

The student will receive one P.E. credit.

Circle One:      P.E. I      P.E. II

Counselor Signature: \_\_\_\_\_ Date \_\_\_\_\_

Recorded on transcript \_\_\_\_\_ Date \_\_\_\_\_

**ACTIVITY LOG SHEET**

**NAME** \_\_\_\_\_

**SPORT** \_\_\_\_\_

<b>Practice/Event Date</b>	<b>Number of Hours</b>	<b>Practice/Event Date</b>	<b>Number of Hours</b>

**TOTAL** \_\_\_\_\_

**TOTAL** \_\_\_\_\_

**Approved Signature of Coach/Instructor:** \_\_\_\_\_ **Date:** \_\_\_\_\_