



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

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

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.
 - c. Any other Lutheran High School sponsored activity approved by the administration.
2. The application 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, and coach/instructor.
3. To receive a credit, the student must participate in a sport receive at least 60 hours of direct instruction from his/her coaches or instructors, 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. 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 one (1) credit.
6. Failure to provide the proper documentation or failure to meet the indicated deadlines will result in no credit being issued.
7. Team managers cannot receive participation hours.
8. If an APEP credit is granted for participation in one sport, a second APEP credit for participation in that same sports 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 the listed deadline for the season with all completed signatures.

Name _____ **Grade** _____

Activity/Sport _____ **School Year** _____

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 _____

This section is to be completed by the COACH/SUPERVISOR/ATHLETIC DIRECTOR

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 _____

Signature of Coach/Instructor _____

Date _____

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 _____

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 _____