



FAQ: Kentucky Physical Education Credit
ROTC, Marching Band and Extracurricular Sports/Activities
Local board policy for physical education 08.1346

Extracurricular sports or marching band cannot be used as a physical education credit in Kentucky. The ONLY substitution permitted in Kentucky for Physical Education is Jr. ROTC per KRS 156.160. However, the Kentucky Academic Standards still must be addressed for Physical Education for this exemption. There are NO substitutions allowable to fulfill the requirement of the health credit.

Extracurricular sports are excellent ways for students to increase physical activity levels and fitness. While physical activity and fitness are both outcomes that should improve as a result of physical education class, extracurricular activities do not provide an equal to the rigor of instruction and assessment that should be provided by a quality PE curriculum that is addressing the Kentucky Academic Standards.

Marching band can involve physical activity, but it is not teaching the standards for physical education that required for graduation. Music, rhythms and dance are frequently integrated components into physical education classes, but these equally do not count toward a music or art credit for students. Physical Education is a stand along course and should be taught only by a certified physical education specialist.

Physical Education should enhance physical literacy by increasing knowledge, skills and competencies that students will use over a lifetime.

* Note: Other states that do offer substitutions for PE, typically are states that require multiple PE credits for graduation. Flexibility is important to those states only after a full credit of PE has been earned. Kentucky remains one of the few states that only require .5 PE for graduation.