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HIGH SCHOOL – PHYSICAL EDUCATION  
DEPARTMENT  
Independent Study Guidelines for 9<sup>th</sup>-12<sup>th</sup> Grade Students

### WHY SHOULD I CONSIDER INDEPENDENT STUDY?

While on your course you will experience many things. You may be immersed in an environment that is new to you. You may work and play with new people, learn new skills, have new feelings, and think new thoughts. Is there an aspect of all this novelty that is particularly interesting to you? Arranging for an independent study allows you to extend yourself in this new direction. Conducting an independent study that originates out of your Physical Education course can be some of the most exciting learning you have ever done. In a way, it lets you continue your course!

This information is to be used with the \_\_\_\_\_ High School Independent Study Contract. By reading this information carefully you will save yourself time, have many of your questions answered and end up with a stimulating independent project.

### WHAT IS AN INDEPENDENT STUDY?

An independent study involves choosing a topic that is interesting to you, figuring a way to study and to learn more about this topic and then evaluating your work with the help of a teacher from your school. The independent study option is presented to you by \_\_\_\_\_ High School, but arrangements for it are made through your own organization.

### HOW DO I ARRANGE FOR AN INDEPENDENT STUDY?

- Step 1: FILL OUT OUTCOME STUDY PETITION.
- Step 2: MEET WITH COORDINATOR OF HEALTH & PHYSICAL EDUCATION, COUNSELOR, AND PARENT (S).
- Step 3: ESTABLISH PROGRAM OBJECTIVES, ACTIVITIES, AND EVALUATION OUTCOMES.
- Step 4: MONITOR PROGRAM OR TEST OUT AS APPROPRIATE BY SCHEDULING APPOINTMENTS WITH COORDINATOR OF HEALTH & PHYSICAL EDUCATION.
- Step 5: FILL OUT ALL NECESSARY QUESTIONNAIRES APPLICABLE TO THE OUTCOME STUDY PROGRAM.
- Step 6: PASS TESTED MATERIAL AT 85% LEVEL OR BETTER
- Step 7: STUDENT MUST BE SEEKING OUTCOME BASED PROGRAM AND HAS COMPLETED THE HEALTH REQUIREMENT.
- Step 8: EARLY GRADUATES WOULD BE CONSIDERED ELIGIBLE FOR THIS PROGRAM.
- Step 9: OUTCOME BASED PROGRAMS WOULD BE CONSIDERED CASE-BY-CASE. SIGNIFICANT PURPOSE MUST BE DEMONSTRATED BY APPLICANT.
- Step 10: RESPONSIBILITY OF PROGRAMS COMPLETION, AND CREDIT ACQUISITION RESTS WITH THE STUDENT APPLYING. IF PROGRAM IS NOT SUCCESSFULLY COMPLETED, STUDENT WILL BE REQUIRED TO MEET CLASSROOM EXPECTATIONS FOR SECURING CREDIT.

Here is an example of how you might develop your topic, the activities from which you will learn, and the evaluation process you will use.

TOPIC	LEARNING ACTIVITIES	MEASURABLE OUTCOMES
Impact of people on Canyon land's Eco-system	<p>1. Recall from your course visible clues, such as roads, pollution, trash, trails, fence, pictographs that would indicate that humans have impacted this area. Record these in a journal. Review your photos (and those of other patrol members) for more evidence</p> <p>2. Research the historical impact of this area. Read and think about topics such as demographics, grazing, farming, industrialization. Have at least four sources in your bibliography.</p>	<p>1. Note Cards</p> <p>2. Journal of photos from field observations</p> <p>3. Research paper</p> <p>4. Instructor's evaluation of student's performance</p> <p>5. Certificate of course completion</p>

Once you have gotten information on your course, you should develop a sense of why you want to do an independent study and some idea of what you are thinking about studying, decide which teacher you would like to have monitor your independent study. Give your teacher an independent study petition and make sure he or she understands the program and your intent to discover an independent study topic and pursue credit. Review with him or her procedure for establishing an independent study in the physical education department. It is important that you understand and follow the physical education department's unique procedure. This is especially important since it is the physical education department that will be granting you credit for your work.

## PLANNING – FILLING OUT THE CONTRACT!

Check with your counselor or physical education coordinator for your school's independent study contract. Use the contract included with these guidelines. Here are some hints in filling out such a contract:

**SUBJECT AREA/TITLE:** List the title of your study.

**THE REASON (S) WHY YOU WANT TO PURSUE THIS TYPE OF STUDY:** Explain why you want to do this study. What motivated you to organize this study and why did you choose this topic?

**THE OUTLINE, THE ACTIVITIES, and THE OUTCOMES:** This is the place in the contract where you will explain what you are going to do and how you will evaluate your efforts. An example of this section of the contract can be found above. You may want to have your teacher help you develop this plan. Basically you are stating your topic and listing the things you will do in order to examine your topic. Outcomes refer to what you learn about your topic. Measurable outcomes represent the proof that you can present and show what you have learned.

**OTHER COURSES OR EXPERIENCES THAT HAVE PREPARED YOU TO DO THIS STUDY:** List other classes or experiences that you have had that will help you.

**READINGS:** What will you read that would support your study?

## CONDUCT THE INDEPENDENT STUDY!

Follow the plan you have created in the contract. The more thoughtfulness you put into how you are going to proceed, the easier it will be for you to know what to do next when it comes to your investigation. Be sure to set a time schedule for yourself so that you don't let this work pile up. Consult with your teacher as you progress. Share with him or her successes, your needs and your questions.

## EVALUATE WHAT YOU HAVE DONE!

This is when you and your teacher will consider the measurable outcomes you decided upon together. In other words, did you do what you said you would do? How well did you do it?

SMOKY HILL HIGH SCHOOL  
INDEPENDENT STUDY PETITION

STUDENT'S NAME \_\_\_\_\_  
I.D. \_\_\_\_\_ GRADE \_\_\_\_\_  
SUBMISSION DATE \_\_\_\_\_ CREDIT REQUESTED \_\_\_\_\_  
TITLE OF STUDY \_\_\_\_\_ FIGURE SKATING FOR ADVANCEMENT \_\_\_\_\_

REASON FOR INDEPENDENT STUDY \_\_\_\_\_

Program to pursue must not be recreational or interscholastic in nature and must not be offered as part of the existing Physical Education Program. Consideration will only be given to programs of National or International competition. Attach typed papers that must state accurate and through validated reason(s). Attached document must include thorough program.

\*Note: for each learning objective there must be at least one activity/product and associated evaluation criteria. Attach a separate sheet if necessary.

**LEARNING OBJECTIVES\***

Place an attached sheet typed and thorough. Describe entire learning experience.

**ACTIVITIES OR PRODUCTS TO ACCOMPLISH OBJECTIVE\***

\*What will be expected for learning – step-by-step progression: Student must participate in an advanced level program for at least 60 hours. The student must submit monthly progress reports.

-Identifying attendance certified at practice or competition sessions.

-Progress reports on participation in the program. (test forms)

Student will participate in competitive performance skill activities.

Student will submit a videotape of their competitive performances to validate progress.

Student will submit a record of skill test and performance advancements. The performance should be consistent with the skill proficiency identified by Cherry Creek Schools.

Student will submit a research paper on the history of the activity or sport that they are competing in.

Student will submit a daily record (diary) of personal accomplishments and challenges.

Activity must fit into the skill proficiencies and be an extension of the course offered or previously offered by the Physical Education department.

\*Must be authentic.

**EVALUATION CRITERIA\***

Student will be evaluated based on the level of work and skill attained.

Student must advance to a new level.

Student will be graded on superior attendance and performance advancement in the activity.

Attendance – 30/60 hours documented

Participation – progress documented and charted.

Skill tests – levels of assessment. Videotape will be graded on skill performance activities.

Written tests – levels of knowledge, students will be graded on the quality of the research paper.

Student will be graded on the quality of self-assessment (personal diary.)

Assessment: Instruction – how well you understand the material.

Accountability: PROVE HOW WELL YOU DID.

Must list or include selected readings for program to be validated. (Rulebook)

**PETITION APPROVAL SIGNATURES**

STUDENT/DATE \_\_\_\_\_ PARENT/DATE \_\_\_\_\_

TEACHER/DATE \_\_\_\_\_ COORDINATOR/DATE \_\_\_\_\_

A.P. INST. SERV. \_\_\_\_\_

**THIS STUDENT HAS SUCCESSFULLY COMPLETED THIS CONTRACT**

TEACHER/DATE \_\_\_\_\_ COORDINATOR/DATE \_\_\_\_\_

A.P. INST. SERV. \_\_\_\_\_

FIGURE SKATING FOR ADVANCEMENT  
INDEPENDENT STUDY PROJECT

YEAR IN SCHOOL/**FRESHMAN**, SOPHOMORE, JUNIOR, SENIOR  
DATE

INSTRUCTORS FOR SKATING AND RELATED ACTIVITIES

My reason for pursuing this project: Figure skating is my favorite athletic activity, and I wanted to learn how to organize this activity into a study course for credit.

OUTLINE	LEARNING ACTIVITIES	OUTCOME
PRIVATE LESSONS	3-5 20 MINUTE LESSONS, INCLUDES PROGRAM DEVELOPMENT, TEACHING TECHNIQUES, AND ERROR CORRECTIONS	MEETS FREESTYLE AND FIELD MOVE REQUIREMENTS FOR USFSA TESTS
MUSIC SELECTION	LISTEN TO, SELECT AND CUT APPROPRIATE MUSIC FOR INTERMEDIATE FREESKATE 2.5 MINUTES	FULFILLS USFSA REQUIREMENTS FOR TESTING. MUSICAL KNOWLEDGE.
CHOREOGRAPHY	WORK WITH COACHES TO PUT REQUIRED ELEMENTS IN 2.5-MINUTE PROGRAM	MEETS USFSA TEST RULES Pg.165 INTERMEDIATE FREESKATE
PRACTICE ICE	PRACTICE 1-3 HOURS EACH DAY 5 DAYS A WEEK. SEE ATTACHED PRACTICE ICE INTERMEDIATE CONTRACT	PREPARATION FOR FREESKATE TEST
PROGRAM REQUIREMENTS	<p>DEMONSTRATE COMMAND OF THE FOLLOWING REQUIRED ELEMENTS</p> <p>JUMPS: Single loop, flip and lutz, axel, one double jump: double salchow or double toe loop. One jump combination consisting of two single jumps (no turn or change of foot between jumps). One jump combination consisting of either one single or one double jump or consisting of two double jumps (no turn or change of foot between jumps).</p> <p>SPINS: Sit spin to change foot sit spin (minimum 4 revolutions on each foot in position). Camel spin to back camel spin (minimum 4 revolutions on each foot in position). Spin combination consisting of one change of foot and one change of position (minimum 4 revolutions each foot).</p> <p>STEPS: Connecting moves consisting of spirals, spread eagles, etc., strong edges, fairly good use of music, and full utilization of the ice surface</p> <p>SCORING: 3 Judge panel must pass 2/3 judges. Includes technical merit and presentation.</p>	<p>PASS USFSA INTERMEDIATE FREESKATE</p>

Additional ideas for your outline:

ASSISTANT COACHING	ASSISTANT COACH LEARN-TO-SKATE 2-3 DAYS PER WEEK, TWO 30 MINUTE LESSONS	DEVELOP AND LEARN TO TEACH SKATING TECHNIQUES
MENTOR PROGRAM	REGISTER FOR PROFESSIONAL SKATING ASSOCIATION (PSA) MENTORING PROGRAM	CONNECT WITH PROFESSIONALS FOR ASSISTANCE WITH COACHING
NOVICE FIELD MOVES	LEARN AND PRACTICE NOVICE FIELD MOVES	PREPARATION FOR USFSA NOVICE FIELD MOVES Pg. (____-____)
OFF ICE	AEROBIC CLASSES, CONDITIONING AND WEIGHT TRAINING 2-3 TIMES PER WEEK	TO IMPROVE STRENGTH AND ENDURANCE
PRECISION SKATING	WORK WITH 15 OTHER TEENAGERS TO PUT TOGETHER AND PERFORM A LONG AND SHORT PROGRAM IN REGIONAL AND POSSIBLY NATIONAL COMPETITION	WORKING IN A GROUP ENVIRONMENT AND DEVELOPING SKATING SKILLS
HIGH SCHOOL FIGURE SKATING TEAM/CLUB	MANAGING AND ORGANIZING THE HIGH SCHOOL TEAM/CLUB TO COMPETE IN THE HIGH SCHOOL COMPETITION IN _____ date	MANAGEMENT SKILLS, WORKING WITH A GROUP,  IMPROVE SKATING AT COMPETITIONS
CLINICS AND CRITIQUES	PRESENT PROGRAM FOR JUDGES AND AUDIENCE FOR CRITIQUE	APPROPRIATE CHANGES TO PREPARE FOR TESTS AND COMPETITION

COURSES AND EXPERIENCES THAT HAVE PREPARED ME TO DO THIS INDEPENDENT STUDY:

PASSING JUVENILE FREESKATE TESTS AND OTHER FREESKATE TESTS UP TO THIS LEVEL. PASSING MY \_\_\_\_\_FIELD MOVE TEST. ICE DANCING AND TESTING AT THE \_\_\_\_\_LEVEL. WEIGHT TRAINING, CONDITIONING AND BALLET/DANCE CLASSES \_\_\_\_\_HOURS EACH WEEK.

READINGS:

THERE ARE VERY FEW TEXTBOOKS ON THE SPORT.

**MUST PURCHASE OFFICIAL RULEBOOK EVERY YEAR FOR CHANGES IN THE SPORT**

\*\*\*NOTE\*\*\* Page numbers change yearly, so to complete this document you must use the current year's rulebook.

CALL 719-635-5200 TO ORDER

Only one manual is used as the Official manual. United States Figure Skating Association Rulebook.

PURCHASED/DATE \_\_\_\_\_ CURRENT YEAR EDITION \_\_\_\_\_

\_\_\_\_\_  
HIGH SCHOOL  
PHYSICAL EDUCATION DEPARTMENT

Independent Study – Student Post-survey

NAME \_\_\_\_\_ PHONE \_\_\_\_\_

ADDRESS \_\_\_\_\_  
STREET CITY STATE ZIP

NAME OF SCHOOL \_\_\_\_\_

ADDRESS \_\_\_\_\_  
STREET CITY STATE ZIP

GRADE LEVEL \_\_\_\_\_  
TYPE OF INDEPENDENT STUDY \_\_\_\_\_

NUMBER OF CREDITS FOR YOUR INDEPENDENT STUDY PER SEMESTER/YEAR \_\_\_\_\_

1. Briefly describe the learning activities you completed for your independent study.

2. Describe your final project.

THIS STUDENT HAS SUCCESSFULLY COMPLETED THIS CONTRACT:

STUDENT SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

SPONSORING TEACHER SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

COORDINATOR SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

REGISTRAR OFFICE \_\_\_\_\_ DATE \_\_\_\_\_