Personal Fitness Waiver FAQs

1. Are all grade levels eligible to apply for this waiver?
   **Answer:** Yes. All current and future Centennial students starting the 2014-2015 school year may be eligible.

2. What is the process for obtaining the Personal Fitness waiver?
   **Answer:** Students who intend to waive Personal Fitness will turn in an ‘Intent to Waive Contract’ during the 2014 spring registration period. The ‘Intent to Waive Contract’ is not the same as the Waiver Form. The ‘Intent to Waive Contract’ is to inform the school that the student is planning to waive Personal Fitness and ensures the student and parent are aware of the requirements and deadlines to obtain the waiver to ensure they are not scheduled for the class while they are in the process of meeting the waiver criteria.

   Once the student has met the criteria for the waiver, he/she will request the Waiver Form from the designated school staff for their activity. The designated staff member will verify the student has successfully met the criteria by signing the form. The final deadline for students to submit a Waiver Form to the counseling office is the 1st Monday in May of their Junior year. If a student turns in an ‘Intent to Waive Contract’, but does not meet the criteria and does not turn in a complete Waiver Form by the 1st Monday of May in their Junior year, then they will be required to take Personal Fitness their senior year.

3. Does a student receive actual credit for taking the Personal Fitness course?
   **Answer:** No. Students who waive Personal Fitness will have a Personal Fitness Exemption code added to their transcript designating the waiver. No grade or credit will be assigned. Students who waive the Personal Fitness course requirement will be required to take another course in its place.

4. When will the forms be given to students already at Centennial? Will it be an INTENT contract or WAIVER form?
   **Answer:** On February 21, 2014, teachers made an announcement to all students in their advisement classes with information about the opportunity to waive Personal Fitness. At that time students who had not yet taken Personal Fitness and were interested in pursuing this opportunity were given a copy of the ‘Intent to Waive Contract’. If a student did not receive a copy of the contract on February 21st, they can pick one up at the Assistant Principal’s office. Information related to Waiver forms is below in question #7.

5. When and where will the Intent to Waive Personal Fitness Contracts be available to current Juniors (Class of 2015)?
   **Answer:** Copies of the ‘Intent to Waive Contract’ are being made available to students from their advisement teachers during the 2014 spring registration period. Current Class of 2015 students are required turn in their ‘Intent to Waive Contract’ by April 4, 2014. To complete the waiver process they must also meet the waiver criteria and submit a completed Waiver Form to the counseling office by May 5, 2014. This will be the final deadline for Juniors (Class of 2015) to take advantage of the waiver opportunity.

6. When and where will the Intent to Waive Personal Fitness Contracts be available to current Freshmen and Sophomores (Class of 2016 and 2017)?
   **Answer:** Copies of the ‘Intent to Waive Contract’ are being made available to students from their advisement teachers during the 2014 spring registration period. Current Class of 2016 or Class of 2017 students who intend to waive Personal Fitness should turn their ‘Intent to Waive Contract’ by April 4, 2014. Students in these classes who do not turn in the ‘Intent to Waive Contract’ by this year’s April deadline will have another opportunity to submit during the spring registration period next school year. Once the student has met the criteria for the waiver, the student will request the Waiver Form from the designated school staff for their activity. The final deadline for students to submit a Waiver Form is the 1st Monday in May of their Junior year.

7. Where do students get a WAIVER form?
   **Answer:** Once a student has met the Personal Fitness Waiver criteria, they should request a Waiver form from the school staff member designated for their activity (see below). The designated individual is the school official who will verify the student has successfully met the criteria of the waiver through their participation in the corresponding activity.

   - **Athletics:** Athletic Director
   - **Marching Band:** Band Director
   - **JROTC:** JROTC Instructor

8. There is a distinction made between JV and Varsity Sports for eligibility, can you tell me the reason behind this?
   **Answer:** A Sub-Varsity season per GHSA rules can only be 70% of a Varsity season. For example, 9th grade football seasons are 70% of the Varsity season. Meaning 9th grade only plays 7 games compared to 10 varsity games. Since the sub-varsity season is substantially shorter we feel that the student-athlete on sub-varsity teams need to complete two seasons before qualifying for the PE waiver. Sub-Varsity seasons per GHSA rules are shorter than Varsity seasons. For example, 9th grade football seasons are 70% of the Varsity season. Meaning 9th grade only plays 7 games compared to 10 varsity games. Since the sub-varsity season is substantially shorter we feel that the student-athlete on sub-varsity teams need to complete two seasons before qualifying for the PE waiver. It is at the discretion of the Athletic Director to determine student eligibility.
9. Can students participating in club sports apply for a waiver or must the sport be attached to Centennial High School?  
**Answer:** The only sports approved for a waiver are those which are GHSA sanctioned and the CHS Fencing Team.

10. Can a student apply for a waiver retroactively – i.e. a student played a GHSA sport last year, but will not in the future, can that student apply for a waiver?  
**Answer:** Yes

11. Can a student take an alternative PE class and use that class to waiver Personal Fitness?  
**Answer:** No

12. Can a JROTC class be used as a waiver for Personal Fitness?  
**Answer:** Yes. Students can waive Personal Fitness if they successfully complete a minimum of 3 years of JROTC courses (JROTC I, JROTC II, JROTC III)

13. What are alternative schedule choices for students that choose to waiver Personal Fitness?  
**Answer:** Personal Fitness is a 1 semester course. A student may take any 1 semester course they meet the pre-requisites for in its place. A few examples for next year include:

- Writer’s Workshop
- Model UN (International Affairs)
- Current Issues
- Any Art class
- Guitar
- Intro to Animation & 3D design
- Any Physical Education class including Body Sculpting, Weight Lifting and Athletic Training
- Business Courses including Accounting, Financial Literacy, and Marketing Principles
- Peer Facilitation Work Based Learning/Internship
- Options for Seniors Only: Sociology, Peer Leadership (Peer Tutoring) or Mentorship (Office Aide)

A complete list of course offerings with course descriptions and additional information can be found in our Course Catalog on the Centennial Website.

14. If transferring to another school, will the Personal Fitness Waiver still be honored?  
**Answer:** No. The waiver was approved specifically for Centennial student only. If a student transfers to another school, even if it is another Fulton County school, the student will be required to fulfill the Personal Fitness credit as normally required.

15. When does this waiver process go into effect?  
**Answer:** The preparation and planning process will start in the Spring of 2014. The waiver will not go into effect until the 2014-2015 school year and will only apply to students in the Class of 2015 and beyond.

**Internship FAQs**

1. Who approves an internship as acceptable for the internship program?  
**Answer:** Marie Robinson is the teacher who coordinates the Work Based Learning Program and Internships.

2. What requirements must a student meet in order to participate in an internship?  
**Answer:** Requirements for Internships include any Centennial student who is currently on track to graduate on time and has room in his/her schedule for the course. Generally, juniors and seniors will be best suited for off campus internship opportunities in that internships require students to provide their own transportation, etc.

3. What is the procedure for finding available internships cites?  
**Answer:** The main responsibility of securing an internship site is on the student. All internship sites should relate to the student’s career interest. Students interested in taking an Internship next year should see Mrs. Robinson in Room I-18 for additional information and to pick up an application.

4. What is the time requirement for an internship?  
**Answer:** A minimum of 15 hours a week or average 60 hours per month on the job. The student must verify the hours worked through the monthly submission of his or her check stubs. For unpaid internships the employer/mentor must sign the required documentation.

5. What is the process for monitoring a student’s progress during their internship?  
**Answer:** Students are required to complete journal assignments every two weeks and attend a monthly meeting with the coordinator. Employers are required to complete evaluations on the student’s work performance. The coordinator will make on-site visits.

6. Does the student participating in an internship earn elective credits for that internship?  
**Answer:** Yes. Students will receive a grade and a credit for the course. The credit can be counted as either an Elective credit or CTE Pathway credit.