

Physical Education (PE) and Physical Activity (PA) Frequently Asked Questions

July 28, 2023

This document is intended to provide answers to the most commonly asked questions related to physical education (PE). Questions a(a)

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General

1. Are all public schools required to offer physical education (PE) for students?

Yes. The Texas Education Code (TEC) [§28.002\(a\)\(2\)\(C\)](#) and State Board of Education (SBOE) rules in Texas Administrative Code (TAC) §74.1(a)(2)(C) identify PE as part of the required curriculum in Texas public schools. Additionally, SBOE rules in 19 TAC [§74.2](#) and [§74.3](#) require that a school district must provide instruction in all of the Texas Essential Knowledge and Skills (TEKS) for PE at elementary, middle, and high school.

2. Are school districts required to teach all of the PE Texas Essential Knowledge and Skills (TEKS)?

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(19 TAC [§74.3\(a\)\(1\)](#)). School districts may add elements at their discretion but must not delete or omit instruction in the foundation and enrichment curriculum. In addition to providing instruction in all of the TEKS, schools are required to adhere to the definition of a public school PE curriculum described in 19 TAC [§74.37](#).

3. Is there regulation regarding the class size limit for PE?

Yes. TEC [§25.114](#) requires each school district, in implementing the PE curriculum, to establish specific objectives and goals including, to the extent practicable, student/teacher ratios that are small enough to ensure the safety of students participating in PE. If the school district establishes a student/teacher ratio greater than 45-to-1 in a PE class, the district is required to

4. Where can schools find Public Education Information Management System (PEIMS) numbers for PE courses and PE substitution activities?

All PEIMS information is handled by our Texas Student Data Systems (TSDS) team. To view the PEIMS numbers for PE, please visit the Texas Web-Enabled Data Standards (TWEDS) web page by visiting: <https://tealprod.tea.state.tx.us/TWEDS/92/0/0/0/CodeTable/List/13154>.

Once there, click in the upper right corner of the page where it says “year” on the arrow and select the current academic year. It will then ask you to click on the open button.

Once you have done that, you will then click on the tab for “code tables”, and then click on “List of Code Tables” under the Description of Code Tables heading in the box on the left-hand side. Once you do this, a list of code tables will drop down. You will then click on the C022 SERVICE-ID table.

Once you click on the C022 SERVICE-ID table, this will populate all of the PEIMS codes for the academic year. You will have to scroll to find the codes for physical education.

If you need further assistance or support with accessing the TWEDS, please contact your district or education service center (ESC) PEIMS specialist.

5. What are the school district requirements for the physical fitness assessment?

For information about the physical fitness assessment, please visit

Local districts have the authority to add additional credit requirements for graduation beyond what is required by the state.

9. What is the total number of credits that students may earn for high school PE?

The 19 TAC [§74.12\(b\)\(6\)\(F\)](#) limits the total number of PE credits that can be earned at 4.0 credits. Although only 1.0 PE credit is required for graduation, additional state elective credits may be earned by taking any combination of the approved TEKS-based PE courses or participation in approved substitution activities.

10. Are there any

(2) if the student does not receive special education services under Subchapter A, Chapter 29, but is covered by Section 504, Rehabilitation Act of 1973 (29 U.S.C. Section 794), the committee established for the student under that Act; or

(3) if each of the committees described by Subdivisions (1) and (2) is inapplicable, a committee established by the school district of persons with appropriate knowledge regarding the student.

17. Do any of the innovative Sports Medicine courses substitute for PE credit?

No. Sports Medicine I, II, and III are state-approved innovative courses that adhere to 19 TAC [§74.27](#) and offer state elective credits only. The courses cannot be used to satisfy the 1.0 state graduation credit for PE.

18. Can athletic trainers substitute Athletics for PE credit?

Athletics is an approved substitution for the PE graduation requirement, and student “athletic trainers” are often assigned to Athletics. There is nothing in law or rule that defines the “activity” of Athletics or lists the requirements for who can enroll or earn credit for Athletics. The graduation requirements specify that all substitution activities allowed for PE must include at least 100 minutes per five-day school week of moderate to vigorous physical activity. Therefore, if the district decides to award PE substitution credit for a person enrolled in Athletics who is an athletic trainer, the substitution must meet 100 minutes per five-day school week of moderate or vigorous physical activity.

[Award of High School PE Credit](#)

19. How many times is a student allowed to complete a TEKS-based PE course for credit?

The 19 TAC [§74.12\(b\)\(6\)\(F\)](#) states credit for any of the SBOE approved PE courses may not be earned more than once. Since there are a limited number of TEKS-based PE courses, the total credits a student may earn for successful completion of PE courses is limited to the number of courses available (i.e. no more than four credits total). State Board of Education administrative rules allow certain substitutions for TEKS-based PE courses. Regardless of which substitution activities a student participates in, the student may not earn more than a total of 4.0 credits toward graduation for PE substitutions.

20. Students are required to have 1.0 credit of PE; however, our school district requires 1.5 credits for PE to satisfy graduation requirements. What are the options that the district may use for the .5 credit?

Local districts and charter schools have the authority to add additional credit requirements for graduation beyond what is required by the state. The courses that may satisfy local graduation requirements are determined by each local district and charter school.

21. Explain the credits that may be earned toward the PE requirement for participation in JROTC.

The 19 TAC [§74.12\(b\)\(6\)\(B\)\(ii\)](#) permits districts to award 1.0 PE substitution credit for the physical activity associated with JROTC and may be awarded up to 3.0 additional JROTC completion credits.

22. May a student earn 1.0 credit for fine arts education and 1.0 credit for PE through the same course?

Yes, a student may earn credit for both fine arts and PE if they receive instruction and demonstrate proficiency in all the TEKS for both content areas. Please note that the teacher must be appropriately certified in both fine arts education and PE at the appropriate grade level.

23. Are students permitted to earn credit for PE other than on or off campus courses or activities?

Yes. The 19 TAC [§74.3\(a\) and \(b\)](#), states that school districts may provide instruction in a variety of arrangements and settings, including mixed-age programs designed to permit flexible learning arrangements for developmentally appropriate instruction for all student populations to support student attainment of course and grade level standards.

The following options are available to assist students in meeting the PE graduation credit requirement:

Texas Virtual School Network (TXVSN)—Grades 9-12 online PE courses at: www.txvsn.org/

Credit by Examination:

Texas Tech University (TTU) K-12 at <https://www.depts.ttu.edu/k12/cbe/>

26. Can middle school dance courses and Music, Middle School 1-3 satisfy the moderate or vigorous physical

31. Is Lifetime Recreation and Outdoor Pursuits a new course?

Lifetime Recreation and Outdoor Pursuits is not a new course. It is a revision to an older course, Adventure/Outdoor Education, which is why the service ID did not change.

The 19 TAC [§74.12\(b\)\(6\)\(F\)](#) states that credit for any of the State Board of Education (SBOE) approved courses

36. Does a student have to stay in a high school PE course for its entirety or can a campus do a schedule change at mid-year?

This is a local district decision that needs to be made in accordance with 19 TAC [§74.26\(d\)](#). Please note that the award of credit is tied to demonstrated proficiency of the TEKS for a course and not the time spent in the actual course. Therefore, the district will need to determine and document the portion of the content that has