

HEX Credit through Seattle Prep Athletics Participation Class of 2027

- Students may earn up to 1.0 of their required 2.0 Health & Exercise (HEX) credits through participation in Seattle Prep athletics. The program is specifically for students who are committed to an exceptional level of fitness through Prep offerings outside of HEX.
- HEX requirements for all students are as follows:
 - All freshmen are required to take Health & Exercise (1 semester, .5 credit).
 - All sophomores are required to take Health & Wellness (1 semester, .5 credit).
 - Remaining required 1.0 HEX credit (2 semesters) could be earned through HEX classes or through Seattle Prep athletic teams.
- To earn HEX credit through Seattle Prep athletic teams, a student must:
 - **Participate in at least two seasons of Seattle Prep athletics during their freshman year**
 - **Participate in at least two seasons of Seattle Prep athletics during their sophomore year**
 - The Athletic Director will confirm that participating students met a minimum of 75 participation hours for each team during the season. Exceptions are *not* made if a student does not make a team or if an injury prevents a student from participation.
 - Only fall and spring crew seasons are eligible for HEX credit
 - Flag football is not an eligible sport
 - Team managers or other non-athletic roles do not qualify for HEX credit
 - If a student plans to earn HEX credit through athletics but does not meet the two-season minimum requirement for both freshman and sophomore years, they will be placed in HEX classes junior year to obtain the remaining 1 credit of HEX required by Seattle Prep. A single season of a sport in a school year does not count for partial credit towards this requirement.
- Receiving or planning to receive HEX credit through Prep athletics does not guarantee a spot on a team, nor does it influence roster decisions. Decisions about team rosters or participation will be made independently by the program head and coaching staff.
- This option is only available for Seattle Prep sports. Outside program are not eligible.
- The 2024-25 HEX credit through athletics program is only open to rising sophomores.
- Credits for fall sports will go on the first semester transcript and credits for winter or spring sports will go on the second semester transcripts. Grades will be assigned as "C/NC" (credit/no credit) as our Life Fitness and Strength & Conditioning classes currently are.

Schedule Options:

| | Sophomore Year | Sophomore Year | Junior Year | Junior Year |
|---|---|---|-----------------|-----------------|
| Option 1: <i>Typical schedule</i> Classes within each grade level can be done either first OR second semester. | HEX class | Arts class | HEX class | Arts class |
| Option 2: <i>Student takes HEX credit through athletics</i> | Arts class + Athletic Team for HEX credit | Arts class + Athletic Team for HEX credit | Elective class* | Elective class* |

*May include: an additional science, math, or social studies course, or study hall support in the Learning Resource Center. Students will need to select 3 or more course options and course enrollment will be determined based on schedule compatibility and class availability.