



## South Carolina Band Directors Association

### Top Ten Talking Points - S.302, Marching Band as an Alternative to PE

S. 302 is proposed as a way to allow high school students participating in marching band to earn the physical education credit requirement for their high school diploma as an alternative to the traditional PE class similar to what is currently allowed via ROTC participation or completion of the **online PE course via Virtual SC**.

1. The Physical Education requirement can currently be satisfied in 2 ways other than the traditional PE Class.
  - Participation in ROTC
  - Completion of an **online PE course via Virtual SC**.

Approximately 5% of high school students participate in marching band. S.302 would allow those students a 3<sup>rd</sup> option to satisfy the PE requirement.

2. Marching Bands programs in South Carolina currently meet or exceed the requirements listed in the syllabus for the **online PE course via Virtual SC**
3. To allow scheduling flexibility, many SC band students are already taking **online PE course via Virtual SC** and using their **band directors as their fitness sponsors**. Fitness sponsors can be a teacher, coach, parent or guardian and monitor and sign-off that the students have completed several of the requirements of Virtual PE.
4. The **online PE course via Virtual SC** requires student to work towards improving their fitness level by completing the Daily 7: Jumping jacks, alternating toe touches, controlled trunk twists, standing calf & hamstring stretch, crunches and push-ups 25-30 minutes of aerobic activity and cool down exercises. These exercises are part of the daily warm-up, calisthenics and marching band rehearsals done by marching band programs around South Carolina.
5. Marching band is allowed to serve as an activity that students can use to fill out their activity log for the required activity log for the **online PE course via Virtual SC**.
6. Flexibility: Students earning PE credit from marching band would have additional flexibility and choice with their academic schedule which would allow them to stay active in their band programs vs being forced to choose between staying in band or having to drop the class to fill the ever increasing number of academic requirements.

7. States currently allowing marching band participation as an alternative to PE:
- |           |             |            |
|-----------|-------------|------------|
| Georgia   | Mississippi | Illinois   |
| Alabama   | Louisiana   | Utah       |
| Texas     | Ohio        | Colorado   |
| Florida   | Michigan    | Arizona    |
| Tennessee | Oklahoma    | California |
8. S. 302 does **not** address Health Education, only that participation in Marching Band be considered equivalent of physical education instruction, similar to what is currently allowed by participation in ROTC or completion of the **online PE class via Virtual SC**.
9. Comprehensive Health Education is not mandated by any SC law or statute to be included as part of the Physical Education curriculum nor exclusively paired with Physical education classes. Under the current Regulation 43-234 school districts are allowed the **flexibility** to implement health education in multiple ways in what works best for their district. Districts around SC offer the Health Education in many different ways:
- Health Education as a required semester course
  - Health Education as a required 9-weeks course
  - Health Education as part of a “Freshman Focus” or “High School 101” course
  - Health Education paired with the Physical Education class
10. S.302 would **require** that band directors incorporate the Physical Education standards in the marching band curriculum in order to receive PE credit for the class. This wording has been approved by the SC State Superintendent and the SC Department of Education.

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**For additional information, please contact:**

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