

## NOLS HIGH SCHOOL CREDIT INFORMATION

Students can earn high school credit for NOLS expedition courses through Albuquerque Academy. This credit aligns with U.S. national standards for courses in leadership (NASET Youth Development and Leadership Standards) and physical education (SHAPE America's National Standards for Physical Education). Albuquerque Academy is accredited by the National Association of Independent Schools (NAIS).

Please verify with your high school counselor that these credits can be used toward your high school diploma. NOLS and Albuquerque Academy have no control over the transfer of credits.

### GRADING OF LEADERSHIP AND PHYSICAL EDUCATION (PE) COURSES

Your high school credit leadership grade is based entirely on your NOLS expedition leadership and expedition behavior grades, with no extra paperwork. The PE credit is based on setting goals for PE performance and successfully completing a written exercise that reflects on what you learned. Your NOLS instructors will collect and evaluate your goal setting and reflection exercise form. Your PE grade is based on how smartly you set and work towards goals, not on how strong you are.

### REGISTRATION AND PAYMENT ARE REQUIRED 10 DAYS BEFORE YOUR NOLS COURSE BEGINS

In order to receive high school credit for your NOLS course, registration and payment for credit are due before your course begins. Credit cannot be awarded retroactively because high school credit involves written goal-setting which must be done at the beginning of the course.

### Transcripts

Albuquerque Academy will mail one official transcript to your home address. If you need more official transcripts, please contact the NOLS registrar ([registrar@nols.edu](mailto:registrar@nols.edu)), who will help you secure the additional transcripts from Albuquerque Academy. Transcripts are not available until after the close of the term into which your course falls. Requests for early report of grades will be accommodated if they are made in advance of your course start date. Please contact the NOLS registrar with any requests or questions.

### ELIGIBILITY

Any NOLS student can enroll in the high school credit program. It is your responsibility to talk to a guidance counselor at your home high school to see if these credits can be used toward your high school diploma.

### REFUNDS

If you withdraw from high school credit registration prior to the start of your NOLS course, the registration fee will be refunded minus a \$25 processing fee. Students who separate from their NOLS course while in progress may be awarded high school credit based on the duration and quality of their participation. Credit for separated students is awarded at the discretion of the NOLS staff and instructors. The expense for any high school credit not awarded to a separated student will be refunded, minus a \$25 processing fee. If you complete your course but fail to turn in assignments by the last day of the course, there will be NO REFUND.

### FIRST AND LAST DAY OF COURSE

First day: It is your responsibility to arrive at NOLS with a printed copy of the evaluation and goal-setting and reflection sheet (the last two pages of this document). If you forget, you may ask your instructors to get a copy for you, but you MUST do this before leaving for the field.

Last day: To receive credit you need to return your goal-setting and reflection sheet to your instructors in the field, before the end of the course.



## ALBUQUERQUE ACADEMY INFORMATION

Albuquerque Academy and NOLS are entirely separate entities and no agency or employee relationship exists between them. Albuquerque Academy's responsibility is to a prior review of course content and instructor qualifications to ensure appropriate academic relevance and competence. Albuquerque Academy exercises no responsibility or authority over the conduct of the instructors or other employees or agents of NOLS.

## HIGH SCHOOL CREDIT AMOUNTS FOR NOLS EXPEDITIONS

Credit availability is based on NOLS course length as shown below. These credits are typical high school credits for a class that meets daily for a full year. They are also called Carnegie Units (CUs). Most high school transcripts refer to one class on a transcript as a semester length class that earns 0.5 CUs. There is significantly more education in a NOLS semester than is shown here, but these are the topics that align national standards with what is routinely taught on every NOLS course, worldwide. Program audits show that NOLS semesters would normally earn 16 semester hours of university credit.

Course length	Credit available (CUs)	Cost
Two-weeks (13-19 days long)	0.5 Physical Education (PE)	\$100
Three-weeks (20-25 days long)	0.5 PE & 0.5 Leadership	\$200
One month (26 to 59 days)	1.0 PE & 0.5 Leadership	\$300
Semester (60 days or longer)	1.0 PE & 1.0 Leadership	\$400

## ALBUQUERQUE ACADEMY EDUCATION PHYSICAL EDUCATION COURSE DESCRIPTION

Through a NOLS course, students will set goals and then complete a reflection exercise in which they describe their learning, strategies, and goals. While each NOLS course is different, the motor skill and movement activities and expected outcomes for each course may be found in a course's online course description. The curriculum aligns to SHAPE America's National PE Standards. Students will engage in at least 64 hours for each 0.5 CU.

## ALBUQUERQUE ACADEMY EDUCATION LEADERSHIP COURSE DESCRIPTION

The NOLS Student Evaluation includes a detailed list of criteria designed around activities in Leadership, Expedition Behavior, Risk Assessment and Management, Outdoor Skills, Travel Skills, and Environmental Studies. The expected leadership outcomes for each NOLS course can be found in the online learning goals and objectives [LG&O](#) for NOLS expeditions. The curriculum aligns to the NASET Youth Development and Leadership Standards. Sixty-four hours of content time equates to 0.5 credits.

# NOLS High School Credit Evaluation

Name: \_\_\_\_\_ Course Code & Start Date: \_\_\_\_\_

## CHECKLIST FOR HIGH SCHOOL CREDIT:

### Instructors:

- Goals and reflection exercise on back of this form completed and coherent.
- This evaluation completed, with letter grades for Leadership and Physical Education recorded.

### Program supervisor:

- Email this form (both sides) and a copy of the student evaluation to registrar@nols.edu

### Grade Definitions

- A Excellent** performance of expected outcomes
- B Good** performance, is reliable and consistent
- C Satisfactory** performance
- D Inconsistent** performance
- E/F Unsatisfactory** performance

### Specific Performance Ratings

- + = Excellent**
- √+ = Good**
- √ = Satisfactory**
- Δ = Needs Improvement**
- N/A = Not Applicable**

## LEADERSHIP (for NOLS courses of 3 weeks or longer): \_\_\_\_\_

Many NOLS evaluations have a separate grade for expedition behavior, which is part of leadership. Please average the expedition behavior and leadership grades and record the average above.

## PHYSICAL EDUCATION SKILLS DEVELOPMENT: \_\_\_\_\_

- Participated regularly in physical activity (64+ hours per half credit).
- Set goals for physical skill development and worked toward improvement (documented on the back of this form).
- Demonstrated competency in motor skills and movement patterns.
- Demonstrated understanding of physical developmental strategies (pushing hard, resting, hydration, nutrition).
- Exhibited responsible personal and social behavior that respected self and others in physical activity settings.
- Valued physical activity for life-long learning as demonstrated by a reflective journal entry (on back).

## Instructor comments on how this student achieved the above expected outcomes for PE:

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## Goal Setting and Reflection Exercise for High School Credit in Physical Education

Name: \_\_\_\_\_ Course Code & Start Date: \_\_\_\_\_

To earn PE credit, you will engage in at least 64 hours of physical activities per 0.5 CU of credit on your NOLS course. This is the amount of physical activity in a typical semester of PE class. You also need to complete this form that reflects on what you learned and how you developed physically on this NOLS expedition. Your instructors will complete the other side of this form and give you letter grades. You don't need to do any special physical activities to earn this credit, but you need to complete your course and this form satisfactorily.

1) Please describe a physical skill development goal you set for yourself and tell us whether you attained that goal.

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2) Please describe how you became more effective and efficient at this skill during your NOLS course. In other words, what were you doing differently that made you better at this skill later in the course compared to when you first started?

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3) Please describe some strategies you used to become smarter about how you used these skills you developed. Strategies look at the bigger picture and involve appropriate rest, nourishment, hydration, practicing to get better at skills, asking for coaching, backing off at times, and possibly pushing hard at key times.

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4) Reflection activity: How do you think routine physical activity contributes to a healthy lifestyle and a clearer mind?

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Thank you! We hope you can use your strategies for physical development to have a healthy lifestyle forever.