



United States Academic Pentathlon GPA Calculation Worksheet

School	Sample Middle School		Grade	8
Student's Name	Smith	Susan	TOTAL POINTS = Points x Credit Hours	
	Last Name	First Name		

COURSES		GRADE	POINTS*	CREDIT HOURS	TOTAL POINTS
FALL	Year: 2022				
English 7		A	4.00	0.5	2.00
Math 7		B	3.00	0.5	1.50
Social Science 7		B+	3.00	0.5	1.50
Science 7		A-	4.00	0.5	2.00
					0.00
					0.00
					0.00
					0.00
SPRING	Year: 2023				
English 7		A	4.00	0.5	2.00
Math 7		A-	4.00	0.5	2.00
Social Science 7		B+	3.00	0.5	1.50
Science 7		A	4.00	0.5	2.00
					0.00
					0.00
					0.00
SUMMER	Year: 2023				
Summer English		A	4.00	0.5	2.00
Summer Science		A-	4.00	0.5	2.00
TOTALS =			37.00	5.00	18.50

Calculated GPA =		3.700	
	HONOR	NO	CALCULATED GPA = Total Points/Total Hours
Academic Decathlon Level =	SCHOLASTIC	YES	
	Varsity	NO	

*POINTS: A+, A, A- = 4.00 B+, B, B- = 3.00 C+, C, C- = 2.00 D+, D, D- = 1.00 F = 0.00
Courses graded numerically, should be converted to alpha grades based on the school's official conversion policy.

Instructions for U.S. Academic Pentathlon® GPA Calculation

YELLOW

Type in name of School.

Type in grade in which the student is currently enrolled.

Type in student LAST NAME.

Type in student FIRST NAME.

At this point, do a "Save As" for your worksheet. Name the file so it clearly indicates your team name (ex: GPA CALCULATION - CityHS). Save your work regularly so you don't have to redo it if your file closes unexpectedly.

PURPLE

Enter **semester year** information in the cell to the right of "Year."

Enter all **acceptable courses** (for Academic Pentathlon GPA) in the appropriate semester.

GREEN

Enter **letter grade** received for each course listed.

RED

Enter **points** for each course per the key at the bottom of the GPA Calculation Worksheet.

BLUE

Enter the **number of credit hours** received for each class listed. Use the following as a guide unless your school's curriculum defines the specific credit hours earned by a course:

1.00 credit hours would be a full year grade.

0.50 credit hours would be a half year grade.

1/3 credit hours would be a trimester grade. **Be sure to type in trimester course credit as =1/3 and NOT as a decimal. The formula will convert it into the appropriate number for calculation.**

.25 credit hours would be a quarter year grade.

ORANGE

This field calculates automatically. You DO NOT need to type in any information. The calculation is POINTS x CREDIT HOURS.

CALCULATED GPA REPRESENTS THE STUDENT'S GPA FOR PURPOSES OF USAP COMPETITION.

TAN/BROWN

*These fields are also automatically calculated. The formula uses the USAD accepted cut off GPA's to identify the lowest division in which the student may compete. Students can always compete in a higher division, but may NOT compete in a lower division. **The division indicated by YES is the lowest division in which this student may compete in Academic Decathlon.***



2025-2026 ACCEPTED COURSES for GPA CALCULATION

Grade Conversions

Honor	3.85-4.00	A =	4	90-100 =	4
Scholastic	3.30-3.84	B =	3	80-89 =	3
Varsity	0.00-3.29	C =	2	70-79 =	2
		D =	1	60-69 =	1
		F =	0	≤ 59 =	0

Acceptable Courses

English/Language Arts

- Composition/Writing
- Creative Writing
- Journalism (NOT yearbook, school newspaper)

Foreign Language

- Foreign Language Arts
- French, Spanish, German, Russian, Chinese, Sign Language, Navajo, etc...

Mathematics

Science

- ALL basic sciences
- Forensic Sciences

Social Studies/Social Science/History