

Physical Education combines the best of online instruction with actual student participation in weekly cardiovascular, aerobic, and muscle toning activities. The course promotes a keen understanding of the value of physical fitness and aims to motivate students to participate in physical activities throughout their lives.

Specific areas of study include: Cardiovascular exercise and care, safe exercising, building muscle strength and endurance, injury prevention, fitness skills and FITT benchmarks, goal setting, nutrition and diet (vitamins and minerals, food labels, evaluation product claims), and stress management. The course requires routine participation in adult-supervised physical activities. Successful completion of this course will require parent/legal guardian sign-off on student-selected physical activities and on weekly participation reports to verify the student is meeting his or her requirements and responsibilities.

Physical Education is built to state standards and informed by the Presidential Council on Physical Fitness and Sports standards.

Length: One semester

UNIT 1: P.E. DESIGNED FOR ME

LESSON 1: ONLINE P.E.

Study: Online P.E.: How Could It Be?

Review the guidelines to participating in the course, course expectations, and learn about how an online P.E. course works.

Duration: 0 hrs 30 mins

Practice: Commitment Statement

Complete and submit a signed commitment statement, and answer a few brief questions about your participation in the course.

Duration: 0 hrs 5 mins Scoring: 30 points

Discuss: Meet Your Team

Meet your classmates by participating in an online discussion forum, discussing favorite types of physical activity.

Duration: 0 hrs 20 mins Scoring: 15 points

Quiz: Online P.E.

Test your knowledge of the lesson you have just covered.

Duration: 0 hrs 10 mins Scoring: 10 points

LESSON 2: FITNESS LOGS

Activity Log: Fitness Log # 1

Complete and submit your fitness log for the week.

Duration: 2 hrs 30 mins Scoring: 50 points

Activity Log: Fitness Log # 2

Complete and submit your fitness log for the week.

Duration: 2 hrs 30 mins Scoring: 50 points

Activity Log: Fitness Log # 3

Complete and submit your fitness log for the week.

Duration: 2 hrs 30 mins Scoring: 50 points

Activity Log: Fitness Log # 4

Complete and submit your fitness log for the week.

Duration: 2 hrs 30 mins Scoring: 50 points

Activity Log: Fitness Log # 5

Complete and submit your fitness log for the week.

Duration: 2 hrs 30 mins Scoring: 50 points

Activity Log: Fitness Log # 6

Complete and submit your fitness log for the week.

Duration: 2 hrs 30 mins Scoring: 50 points

Activity Log: Fitness Log # 7

Complete and submit your fitness log for the week.

Duration: 2 hrs 30 mins Scoring: 50 points

Activity Log: Fitness Log # 8

Complete and submit your fitness log for the week.

Duration: 2 hrs 30 mins Scoring: 50 points

Activity Log: Fitness Log # 9

Complete and submit your fitness log for the week.

Duration: 2 hrs 30 mins Scoring: 50 points

Activity Log: Fitness Log # 10

Complete and submit your fitness log for the week.

Duration: 2 hrs 30 mins Scoring: 50 points

Activity Log: Fitness Log # 11

Complete and submit your fitness log for the week.

Duration: 2 hrs 30 mins Scoring: 50 points

Activity Log: Fitness Log # 12

Complete and submit your fitness log for the week.

Duration: 2 hrs 30 mins Scoring: 50 points

Activity Log: Fitness Log # 13

Complete and submit your fitness log for the week.

Duration: 2 hrs 30 mins Scoring: 50 points

Activity Log: Fitness Log # 14

Complete and submit your fitness log for the week.

Duration: 2 hrs 30 mins Scoring: 50 points

Activity Log: Fitness Log # 15

Complete and submit your fitness log for the week.

Duration: 2 hrs 30 mins Scoring: 50 points

Activity Log: Fitness Log # 16

Complete and submit your fitness log for the week.

Duration: 2 hrs 30 mins Scoring: 50 points

Activity Log: Fitness Log # 17

Complete and submit your fitness log for the week.

Duration: 2 hrs 30 mins Scoring: 50 points

LESSON 3: WARM IT UP, COOL IT DOWN

Study: Warm It Up

Learn the mechanics and importance of flexibility, including the importance of properly warming up the body for physical activity.

Duration: 0 hrs 30 mins

Study: Cool It Down

Study breathing and stretching techniques, and the differences between different types of stretches.

Duration: 0 hrs 30 mins

Practice: Design Your Routine

Design and describe an adjustable warm-up and cool-down routine to be used for the duration of the course.

Duration: 0 hrs 30 mins Scoring: 30 points

Quiz: Warm It Up, Cool It Down

Test your knowledge of the lesson you have just covered.

Duration: 0 hrs 10 mins Scoring: 10 points

LESSON 4: SETTING FITNESS GOALS

Study: Steps to Setting Goals

Learn how to set goals, what steps to take to set them, and how to measure progress of those goals along the way.

Duration: 0 hrs 30 mins

Study: Workout Prescription

Study will give examples of options you may select for all three components of a good workout program: cardio, muscular endurance, and flexibility.

Duration: 0 hrs 30 mins

Practice: Setting and Reaching Goals

Set at least three fitness goals, and develop a fitness plan that will focus on the three health-fitness components keeping your goals in mind.

Duration: 0 hrs 30 mins Scoring: 30 points

Quiz: Setting Fitness Goals

Test your knowledge of the lesson you have just covered.

Duration: 0 hrs 10 mins Scoring: 10 points

LESSON 5: CAREER AND EDUCATIONAL OPTIONS

Study: Health and Fitness Career Options

Discuss different careers related to health and fitness.

Duration: 0 hrs 30 mins

Explore: Career Exploration

Select a health-fitness career and research all components of that specific job.

Duration: 0 hrs 40 mins Scoring: 20 points

Quiz: Career and Educational Options

Test your knowledge of the lesson you have just covered.

Duration: 0 hrs 10 mins Scoring: 10 points

LESSON 6: P.E. DESIGNED FOR ME WRAP-UP

Review: P.E. Designed for Me

Review material learned in the unit, and ask any remaining questions you may have.

Duration: 0 hrs 30 mins

Test (CS): P.E. Designed for Me

Take a computer-scored test to assess the knowledge you have learned in this unit.

Duration: 0 hrs 30 mins Scoring: 40 points

Test (TS): P.E. Designed for Me

Take a teacher-scored test to assess the knowledge you have learned in this unit.

Duration: 0 hrs 30 mins Scoring: 25 points

UNIT 2: IS MY BODY GOOD TO GO?

LESSON 1: YOUR FITNESS NEEDS

Study: Body Types

Discuss the different body types, how our bodies age, and why there is no one good or desirable body type.

Duration: 0 hrs 30 mins

Study: Assess the Situation

Complete a personal health–fitness assessment by responding to a prompt and executing several tasks.

Duration: 0 hrs 30 mins

Journal: Good Body

Submit health–fitness assessment scores and statistics, and write about your response to the assessment. Was it what you expected? Why or why not?

Duration: 0 hrs 30 mins Scoring: 20 points

Quiz: Your Fitness Needs

Test your knowledge of the lesson you have just covered.

Duration: 0 hrs 10 mins Scoring: 10 points

LESSON 2: SAFETY FACTORS

Study: Reduce Your Risks

How to reduce the risk of injury by following set rules designed for safety, and other smart guidelines to follow.

Duration: 0 hrs 30 mins

Study: Safety Equipment

Check out different types of equipment designed to protect the body during physical activity.

Duration: 0 hrs 30 mins

Practice: Playing It Safe

Respond to a series of questions covering safety equipment, possible injuries, and personal experiences with staying safe while staying fit.

Duration: 0 hrs 30 mins Scoring: 30 points

Quiz: Safety Factors

Test your knowledge of the lesson you have just covered.

Duration: 0 hrs 10 mins Scoring: 10 points

LESSON 3: DON'T HURT YOURSELF

Study: Common Injuries

Explore the world of injuries: sprains, strains, breaks, dislocations, and much more.

Duration: 0 hrs 30 mins

Study: Treatment for Common Injuries

How and when to treat an injury yourself as opposed to when you should seek medical attention.

Duration: 0 hrs 30 mins

Explore: Career Exploration

Select a health–fitness career and research all components of that specific job.

Duration: 0 hrs 40 mins Scoring: 20 points

Quiz: Don't Hurt Yourself

Test your knowledge of the lesson you have just covered.

Duration: 0 hrs 10 mins Scoring: 10 points

LESSON 4: HEALTH PRACTICES

Study: Proper Nutrition

Discuss the body's nutritional needs, how to achieve a balanced diet, and the six essential nutrients.

Duration: 0 hrs 30 mins

Study: Poor Choices, Poor Results

Analyze the impact of substance abuse, stress, and poor nutrition on the body.

Duration: 0 hrs 30 mins

Discuss: Nutritious and Delicious

Discuss your healthy and unhealthy eating habits, and how to strike a balance between them.

Duration: 0 hrs 20 mins Scoring: 15 points

Practice: Nobody's Perfect

Respond to the following writing prompt: What unhealthy choices have you made in the past, and how did they affect you?

Duration: 0 hrs 30 mins Scoring: 30 points

Quiz: Health Practices

Test your knowledge of the lesson you have just covered.

Duration: 0 hrs 10 mins Scoring: 10 points

LESSON 5: IS MY BODY GOOD TO GO? WRAP-UP

Review: Unit Review

Review material learned in the unit, and ask any remaining questions you may have.

Duration: 0 hrs 30 mins

Test (CS): Computer-Scored Test

Take a computer-scored test to assess the knowledge you have learned in this unit.

Duration: 0 hrs 30 mins Scoring: 40 points

Test (TS): Teacher-Scored Test

Take a teacher-scored test to assess the knowledge you have learned in this unit.

Duration: 0 hrs 30 mins Scoring: 25 points

UNIT 3: GREAT FOR THE HEART

LESSON 1: WORK YOUR HEART OUT

Study: A Happy Heart

Learn how to monitor the heart in all its stages, from resting beats per minute to target heart rate to recovery time.

Duration: 0 hrs 30 mins

Study: Exercise Principles

Review the FITT (Frequency, Intensity, Type, and Time) concept, learn certain benefits of exercise, and review guidelines for working out.

Duration: 0 hrs 30 mins

Practice: Be Your Own Heart Rate Monitor

Take and track your resting, target, and recovery heart rates. Research heart function.

Duration: 0 hrs 30 mins Scoring: 30 points

Quiz: Work Your Heart Out Quiz

Test your knowledge of the lesson you have just covered.

Duration: 0 hrs 10 mins Scoring: 10 points

LESSON 2: JOIN THE TEAM

Study: Team Sports

Familiarize yourself with a variety of traditional team sports, including baseball, soccer, and volleyball.

Duration: 0 hrs 30 mins

Study: History of the Game

Learn about the history of team sports, the continued role they have played in society, and their importance to the world.

Duration: 0 hrs 30 mins

Explore: Have You Ever Played?

Explore a new or 'non-traditional' team sport, and explain the game, its rules, and other interesting facts.

Duration: 0 hrs 40 mins Scoring: 20 points

Quiz: Join the Team Quiz

Test your knowledge of the lesson you have just covered.

Duration: 0 hrs 10 mins Scoring: 10 points

LESSON 3: TEAM CONCEPTS

Study: Offense Versus Defense

Learn about different movements associated with team sports, including offense and defense skills.

Duration: 0 hrs 30 mins

Study: Conflict Happens

Learn to recognize and resolve conflict during physical activity.

Duration: 0 hrs 30 mins

Practice: My Team of Choice

Acting as the coach of a team, pick a sport and describe an appropriate practice session for that sport.

Duration: 0 hrs 30 mins Scoring: 30 points

Quiz: Team Concepts Quiz

Test your knowledge of the lesson you have just covered.

Duration: 0 hrs 10 mins Scoring: 10 points

LESSON 4: SPORTSMANSHIP

Study: Be a Good Sport

Discuss sportsmanship, sport etiquette, and the importance of following the rules and positive play.

Duration: 0 hrs 30 mins

Study: Teammates Are Forever

Why is it so great to be a part of a team? Find out in this study.

Duration: 0 hrs 30 mins

Journal: Am I a Good Sport?

Given a scenario in a team sport, write about how you would react to the situation.

Duration: 0 hrs 30 mins Scoring: 20 points

Discuss: Competitive Versus Aggressive

What is the difference between being competitive and being overly aggressive? Why is aggression a negative quality to bring to a sport?

Duration: 0 hrs 20 mins Scoring: 15 points

Quiz: Sportsmanship Quiz

Test your knowledge of the lesson you have just covered.

Duration: 0 hrs 10 mins Scoring: 10 points

LESSON 5: GREAT FOR THE HEART WRAP-UP

Review: Great for the Heart Review

Review material learned in the unit, and ask any remaining questions you may have.

Duration: 0 hrs 30 mins

Test (CS): Great for the Heart

Take a computer-scored test to assess the knowledge you have learned in this unit.

Duration: 0 hrs 30 mins Scoring: 40 points

Test (TS): Great for the Heart

Take a teacher-scored test to assess the knowledge you have learned in this unit.

Duration: 0 hrs 30 mins Scoring: 25 points

UNIT 4: FIT AS A FIDDLE

LESSON 1: MUSCLE MADNESS

Study: Muscular System

Explore the human muscular system and how muscles work and interact with each other.

Duration: 0 hrs 30 mins

Study: Strength Training

Study the mechanics of building muscle, and what happens to them as you work them out.

Duration: 0 hrs 30 mins

Practice: Strength Training

Develop a weight training program for your personal use.

Duration: 0 hrs 30 mins Scoring: 30 points

Quiz: Muscle Madness

Test your knowledge of the lesson you have just covered.

Duration: 0 hrs 10 mins Scoring: 10 points

LESSON 2: TIME FOR ANAEROBICS

Study: Anaerobic Exercise

Understand what anaerobic exercise is, and what physical activity falls under this category.

Duration: 0 hrs 30 mins

Study: Benefits of Anaerobic Exercise

Discover the benefits to anaerobic exercise, especially for a life-long fitness pursuit.

Duration: 0 hrs 30 mins

Discuss: Safe to Get Buff

Discuss whether or not weightlifting is for everyone, and how it can enhance fitness and activity performance.

Duration: 0 hrs 20 mins Scoring: 15 points

Journal: Anaerobic for Life

What is your favorite type of anaerobic activity? How might you continue to incorporate anaerobics into your life as you age?

Duration: 0 hrs 30 mins Scoring: 20 points

Quiz: Time for Anaerobics

Test your knowledge of the lesson you have just covered.

Duration: 0 hrs 10 mins Scoring: 10 points

LESSON 3: INDIVIDUAL SPORTS

Study: Individual Sporting Activities

Read about several individual sports, including karate, swimming, and cycling.

Duration: 0 hrs 30 mins

Study: History of the Game

Learn the history of individual sports, including the Olympics, and discover their continued importance to society.

Duration: 0 hrs 30 mins

Practice: For the Sport of It

Choose an individual sport you are unfamiliar with and research all components of the game.

Duration: 0 hrs 30 mins Scoring: 30 points

Quiz: Individual Sports

Test your knowledge of the lesson you have just covered.

Duration: 0 hrs 10 mins Scoring: 10 points

LESSON 4: SPORTS DOWNFALLS

Study: Too Much of a Good Thing

Did you know overtraining can contribute to serious health problems? This study will tell you why.

Duration: 0 hrs 30 mins

Study: Sports and Drugs

Study both legal and illegal enhancement drugs, why people take them, and what the dangers are.

Duration: 0 hrs 30 mins

Explore: Career Exploration

Select a health-fitness career and research all components of that specific job.

Duration: 0 hrs 40 mins Scoring: 20 points

Quiz: Sports Downfalls

Test your knowledge of the lesson you have just covered.

Duration: 0 hrs 10 mins Scoring: 10 points

LESSON 5: FIT AS A FIDDLE WRAP-UP

Review: Fit as a Fiddle

Review material learned in the unit, and ask any remaining questions you may have.

Duration: 0 hrs 30 mins

Test (CS): Fit as a Fiddle

Take a computer-scored test to assess the knowledge you have learned in this unit.

Duration: 0 hrs 30 mins Scoring: 40 points

Test (TS): Fit as a Fiddle

Take a teacher-scored test to assess the knowledge you have learned in this unit.

Duration: 0 hrs 30 mins Scoring: 25 points

UNIT 5: FITNESS ADVENTURE

LESSON 1: OUTDOOR FITNESS FUN

Study: Explore the Outdoors: Land

Explore the different types of outdoor land-based activities, including hiking, roller blading, skiing, and archery.

Duration: 0 hrs 30 mins

Study: Explore the Outdoors: Water

Explore the different types of outdoor water-based activities, including swimming, water skiing, canoeing, and snorkeling.

Duration: 0 hrs 30 mins

Discuss: The Great Outdoors

Talk about which outdoor activities you prefer, and ask classmates if they have participated in an activity you are interested in but have never tried.

Duration: 0 hrs 20 mins Scoring: 15 points

Journal: Leaving the Comfort Zone

What adventure activities are outside your comfort zone? When in the past have you pushed your personal limits, and how did it affect you?

Duration: 0 hrs 30 mins Scoring: 20 points

Quiz: Outdoor Fitness Fun

Test your knowledge of the lesson you have just covered.

LESSON 2: HAVE FUN AND BE CAREFUL

Study: Preparing for Outdoor Adventures

Gain knowledge about basic skills for outdoor activities, how and why to respect the environment, and what supplies you should always have with you.

Duration: 0 hrs 30 mins

Study: Being Adventurous, Safely

There's nothing more important than staying safe, and this study will help you learn how best to do just that.

Duration: 0 hrs 30 mins

Practice: A Weekend Away

Plan an itinerary for a weekend of outdoor sporting, including what to pack, what activities to do, and what precautions to take.

Duration: 0 hrs 30 mins Scoring: 30 points

Quiz: Have Fun and Be Careful

Test your knowledge of the lesson you have just covered.

Duration: 0 hrs 10 mins Scoring: 10 points

LESSON 3: ADVENTURE ACTIVITIES

Study: Extreme Sporting

Taking it to the extreme: marvel over sky diving, dog sledding, mountain climbing, and the X Games.

Duration: 0 hrs 30 mins

Study: Borderline Dangerous

Sometimes, the extreme becomes dangerous. Study some examples of sports that aren't safe.

Duration: 0 hrs 30 mins

Explore: Find a Fit for You

Explore different types of individual sporting activities and choose one that you would be interested in trying; find out what you would have to do to get involved.

Duration: 0 hrs 40 mins Scoring: 20 points

Quiz: Adventure Activities

Test your knowledge of the lesson you have just covered.

Duration: 0 hrs 10 mins Scoring: 10 points

LESSON 4: CONTINUED ATHLETICISM

Study: The Dual Lives of Athletes

You don't have to live your life for sports to be an athlete. Study examples of people who have a life outside of sports, while still accomplishing great things in the world of athleticism.

Duration: 0 hrs 30 mins

Study: Life After Virtual P.E.

What happens now that virtual P.E. is ending? There are plenty of ways to stay motivated and involved. Find out how in this study.

Duration: 0 hrs 30 mins

Quiz: Continued Athleticism

Test your knowledge of the lesson you have just covered.

Duration: 0 hrs 10 mins Scoring: 10 points

LESSON 5: FITNESS ADVENTURE WRAP-UP

Review: Fitness Adventure Review

Review material learned in the unit, and ask any remaining questions you may have.

Duration: 0 hrs 30 mins

Test (CS): Fitness Adventure

Take a computer-scored test to assess the knowledge you have learned in this unit.

Duration: 0 hrs 30 mins Scoring: 40 points

Test (TS): Fitness Adventure

Take a teacher-scored test to assess the knowledge you have learned in this unit.

Duration: 0 hrs 30 mins Scoring: 25 points

UNIT 6: SEMESTER WRAP-UP**LESSON 1: SEMESTER REVIEW****Review: Semester Review**

Use a helpful study plan provided to prepare for the semester exam

Duration: 6 hrs

Test (CS): Semester Exam

A comprehensive computer-scored exam covering important concepts and skills throughout the semester.

Duration: 0 hrs 30 mins Scoring: 50 points

Test (TS): Semester Exam

A comprehensive teacher-scored exam covering important concepts and skills throughout the semester.

Duration: 1 hr 30 mins Scoring: 150 points