

Physical Education Credit Recovery

COURSE DESCRIPTION: Through this online Physical Education course, students will explore many diverse activities, and will learn a wide variety of fitness concepts that they will be able to use in their everyday life. Students will learn about physical fitness and how their body works by studying static and dynamic balance, linear and rotary motion, anatomy and biomechanics. Lifelong skills – such as golf, tennis, Frisbee, and orienteering, along with stress management concepts incorporated into Yoga and Pilates – will also be taught.

Students will develop a sense of self-esteem and accomplishment through completion of cardiorespiratory activities and routines, attaining their personal fitness goals, and learning to care for their body. Integrated assignments will show students that content areas of Science, Social Studies, Math and English are relevant throughout Physical Education, and apply in our everyday activities. Pre-assessments and section quizzes will be given weekly, with exams given after each unit to assess content understanding. After completion of this course students, will have the knowledge to stay fit and stay active for a lifetime.

COURSE OBJECTIVES:

- Calculate a Target Heart Rate zone.
- Write long-term and short-term fitness goals.
- Identify fitness components and how they relate towards a healthy body.
- Identify Science concepts in Physical Education.
- Understand the importance of cardiorespiratory fitness.
- Recognize the importance of core muscles in fitness.
- Participate in and identify lifelong activities that would benefit an individual person.
- Demonstrate knowledge of rules and guidelines for sports and activities.
- Participate in and understand the benefits of different breathing techniques.
- Discuss pros and cons of popular training methods.
- Recognize the importance of lifelong fitness.

PREREQUISITES: None

COURSE LENGTH: One semester

REQUIRED TEXTS: None

REQUIRED MATERIALS: Clothing and footwear (i.e. athletic apparel) that is comfortable and conducive for physical activity. Student should plan on having a full water bottle when beginning any activity.

COURSE OUTLINE:**Unit 1 - Physical Fitness**

- Section 1 - Principles of Exercise
- Section 2 - Fitness Components
- Section 3 - Target Heart Rate
- Section 4 - Goal Setting

Unit 2 - Science Of Fitness

- Section 1 - Anatomy
- Section 2 - Biomechanics
- Section 3 - Linear and Rotary Motion
- Section 4 - Static and Dynamic Balance

Unit 3 - Cardiorespiratory Fitness

- Section 1 - Cardio Kickboxing
- Section 2 - Hip Hop Dance
- Section 3 - Fitness Walking
- Section 4 - Cycling

Unit 4 - Lifetime Activities

- Section 1 - Tennis
- Section 2 - Golf
- Section 3 - Frisbee and Ultimate Frisbee
- Section 4 - Orienteering

Unit 5 - Physical And Emotional Wellness

- Section 1 - Stress Management
- Section 2 - Yoga
- Section 3 - Pilates
- Section 4 - Breathing Exercises