

## 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