

Physical Education 7*

COURSE DESCRIPTION:

Through this online Physical Education course students will be exposed to many diverse activities and will learn a wide variety of fitness concepts that they will be able to use in their everyday lives. Students will learn lifelong skills such as rock climbing, orienteering, and ping-pong along with stress management concepts through Yoga and Pilates. Students will develop a sense of self-esteem and accomplishment through completion of fitness tests, attaining personal goals set, and learning to care for their body. Integrated assignments will show students that content areas of science, social studies, math, and English are littered throughout physical education and apply in our everyday activities. Quizzes, discussion boards, projects, and physical activity will be assessed weekly to gauge content understanding. After completion of this course students will have the knowledge to stay fit and stay active well beyond middle school.

COURSE OBJECTIVES:

After completing this course, students should be able to:

- Calculate a Target Heart Rate Zone
- Write long term and short term fitness goals
- Graph fitness scores to show improvements
- Identify science concepts in physical education
- Use fitness training concepts to create their own training routine
- 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
- Demonstrate a sense of sportsmanship with regard to fair play, respecting officials, and their opponents
- Communicate effectively both orally and in writing
- Discuss pros and cons of popular training methods
- Recognize the importance of lifelong fitness

PREREQUISITES: None

COURSE LENGTH: One semester

REQUIRED TEXT: None

COURSE OUTLINE:

Unit I: Fitness Basics – Topics Include:

- Fitness Testing
- Target Heart Rate
- Goal Setting
- Weight Training
- Principles/Safety
- Fitness Components

* = One semester (.5 credit) course

Physical Education 7* (continued)

COURSE OUTLINE (continued):

Unit II: Science and Fitness – Topics Include

- Static and Dynamic Balance
- Linear/Rotary Motion

Unit III: Multiple Training Methods – Topics Include:

- Cross Training
- Plyometric Training
- Core Muscle Training
- TaeBo/Kickboxing
- Aerobic Dance

Unit IV: Stress Management Exercise – Topics Include:

- Yoga
- Pilates
- Breathing Exercises

Unit V: Lifetime Activities – Topics Include:

- Rock Climbing
- Orienteering
- Ping-Pong

* = One semester (.5 credit) course