

HIGH SCHOOL PHYSICAL EDUCATION A
Course Outline: 4501

I. Textbook Assignment:

Foundations of Personal Fitness, Part 1 (5.0 Credits)

- Read: Chapters 1 –6
- Complete: all “Lesson Review” exercises.
- Complete: “Chapter Review” exercises except “Case Studies” unless assigned below.
- Complete the Case Study for Chapter 1 and Chapter 3 using a word processor. The assignment should meet the proficient level of Writing Rubric L HS.
- Complete the Extension Activity.

II. Extension Activities:

- Complete: Physical Activity Log of supervised physical activity. Complete at least 30 minutes of cardio and/or strength training 4 times a week for a total of 2 hours per week. Be sure to properly record your activity and have your physical activity log sheet signed. Your teacher should have an example for you to follow. For each daily entry be sure to write three to four sentences about how you felt before you exercised, how you felt while you exercised, and how you felt after you exercised.

III. Evaluation:

- All coursework and must be completed with at least 70% accuracy.
- Activities must meet teacher’s expectations.
- The student must receive a minimum score of 70% on a teacher assigned final evaluation.