PHYSICAL EDUCATION SYLLABUS

COURSE DETAILS

Course Code: 344100CW

Subject: Health and Physical Education

Required Prerequisites: None

Suggested Prerequisites: None

Duration: Yearlong (two semesters)

Course Availability: A listing of when this course is offered in the current school year can be found on the VirtualSC Current Course Offerings page.

Class Times: There are no scheduled class meetings for this course. Instead, students are expected to work on their own to meet the deadlines posted in the course pacing guide. Students should expect to spend 7-9 hours a week working on this course.

Course Materials: A list of websites and online textbooks used in this course can be found here: Physical Education Course Links List. Students will need to be able to access all of these links to access all course materials.

Final Exam: Students in this course take a VirtualSC final exam. Details on scheduling and taking final exams can be found on the Final Exam Page of the VirtualSC webpage.

COURSE DESCRIPTION

Physical Education 1 provides opportunities for students to become competent and proficient in two movement forms elected from a variety of choices. Students will also be able to design and develop a personalized physical fitness program, participate regularly in health-enhancing physical activity beyond the physical education class, and meet the gender and age group health-related physical fitness standards. The students will be required to video portions of the Pre and Post FITNESSGRAM Test to provide evidence that standards are being met. The students will use YouTube or DropBox to upload these videos to the instructor. The student is responsible for having a fitness sponsor administering the physical fitness test in compliance with Student Health and Fitness Act of 2005. The fitness sponsor must be one of the following: a teacher, coach, or a parent or guardian.

This course satisfies the Physical Education graduation requirement for SC, but does not serve as health instruction to satisfy the Comprehensive Health Education Act. Students needing health education should consider taking Personal Health.

The curriculum used in this course is guided by the South Carolina Academic Standards for Physical Education.

SCOPE AND SEQUENCE

UNIT 1: STUDENT TUTORIAL AND INTRODUCTION TO ONLINE LEARNING COMMUNITY

Students learn to navigate the course management system. Students begin their weekly course journals which are submitted regularly throughout the course.

UNIT 2: HEALTH AND PERSONAL FITNESS

Students are introduced to basic health and fitness terminology and design and develop their own appropriate personal physical fitness program to achieve a desirable level of personal fitness for an active lifestyle. Students are required to complete the initial FITNESSGRAM test to determine a baseline score to assist students in learning where they are in regard to the HEALTH FITNESS ZONE of the

FITNESSGRAM. This test should be conducted by the student's fitness sponsor. There are five indicators that will be used to assess our students and for them to assess themselves:

1. Cardiovascular fitness: Mile Run
2. Flexibility: Back-saver sit and reach
3. Muscle strength: Push-ups
4. Muscle endurance: Curl-ups
5. Body Mass Index

Throughout this unit, students will work towards improvement of these indicators by completing the Daily 7 (jumping jacks, alternating toe touches, controlled trunk twists, standing calf and hamstring stretch, crunches, push-ups, and jumping jacks), 25-30 minutes of aerobic activity, and cool down exercises.

Students will complete the and post FITNESSGRAM test at the end of the unit as well assessing their improvement in the five FITNESSGRAM indicators. Results will be submitted to the online instructor. Students will also begin working on Personal Fitness Plans (PFP).

UNIT 3: MOVEMENT FORMS

Students are introduced to various individual sports by researching the rules, etiquette, safety, and basic skills needed to participate in the sport. Students will be assessed on the knowledge of the sport.

Students are introduced to various team sports by researching the rules, etiquette, safety, and basic skills needed to participate in the sport. Students will be assessed on the knowledge of the sport.

**Beginning with Unit 3, students will select two movement forms to participate in throughout the course and submit activity logs.

Examples of Activities:

• Sport teams at local school (practice, games, etc.)
• Dance and cheerleader teams
• Church sponsored, Parks and Recreation programs, Commercial companies, Boy and Girl Clubs, YMCA or YWCA
• Fitness Centers or Health Clubs
• Family designed structured activities or individual programs (yoga, running, cycling, etc.)

UNIT 4: LIFETIME FITNESS

Students will discuss specific health risks associated with aging and how a healthy lifestyle that includes good nutrition and exercise can allow them to be involved in more youthful activities as they age.

Students then explore real-world activities that they can continue to participate in as they age. Students will research and report on a sport or activity they can participate in for personal enjoyment and fitness as throughout their lifetime. Students review course journal to reflect on their goals and the activities chosen to meet those goals. Students will then revise their fitness plan and submit with a reflection of their learning in the course as part of the final project.

Students will be sent a full list of assignments and their due dates at the beginning of the course. A sample pacing guide for this course can be found in the VirtualSC Course Catalog.

VIRTUALSC DETAILS

TECHNOLOGY

VirtualSC strives to provide adequate technical support to all of our students. As on online program, VirtualSC cannot provide support for any hardware (computers, tablets or mobile devices) that students use to access their courses. A list of technical requirements for devices can be found on the Virtual SC Tech Help page.

A troubleshooting guide for students is provided on the Virtual SC Tech Help page. A list of video tutorials can be found on the Student Tutorials page.

Students who need individual technical support during registration and before their courses start should contact the VirtualSC Help Center or call Student Services directly at (803) 734-8039. Students who are actively enrolled in courses should contact their teachers for course-specific technical support.

ACCESSIBILITY AND ACCOMMODATIONS

VirtualSC is committed to continually enhancing the accessibility of our courses. Our courses are regularly monitored by internal staff to check for accessibility risks. We are working to ensure that all required videos in our courses contain captions and/or transcripts. The program strives to ensure that all newly developed and revised courses include structural styling to indicate headings, lists, and tables to assist in page comprehension for screen readers.

The program continues to strive to format our courses to be compliant with the recommendations on the Web Content Accessibility Guidelines (WCAG) 2.0.

To ensure that students with special needs are being adequately served by our program, students with IEPs and 504s are asked to comply with the VirtualSC IEP/504 Policy.

GRADING POLICY

The final grade in this course results from the following:

- Coursework: 80%
- End of Course Exam: 20%

Coursework grades will be based upon the quality of the student submissions, participation in discussions, and the ability to maintain consistent communication with the instructor.

This course uses the South Carolina Uniform Grading Scale:

Letter Grade	Numerical Grade
A	93-100

Letter Grade	Numerical Grade
B	85-92
C	77-84
D	70-76
F	69-0

COMMUNICATION AND LATE WORK

Participation and communication in an online class is critical to successful completion. Although students can access at a time that is convenient for them, they are expected to login regularly to the Student Dashboard and their course regularly. Students should meet all deadlines per the pacing guide and notify the instructor in advance if extenuating circumstances arise that prohibit the student from participating in the class as expected. Due dates for assignments are clearly posted and no work will be accepted beyond the due date unless a prior extension has been arranged. Students can communicate with their instructor through various methods as posted in the course.

ACADEMIC INTEGRITY POLICY

VirtualSC (VSC) takes academic integrity very seriously and expects a full commitment to it from each VSC student. All students taking courses with VirtualSC will be expected to adhere to our Academic Integrity Policy. The full policy, including consequences for infractions can be found on our [Academic Integrity Policy Page](#).