



## Course: Lifetime Sports (not in a sport)

Course Code: Code: PED221

### Instructor:

Mark Ryder

### Course Description:

An understanding of fitness concepts and practices is essential for students. Teaching our student's good health and safety principles can lead to a life of healthy practices, resulting in more productive, active and successful lives. Each student will spend a week participating in 4 different areas of fitness, Flexibility, Cardio Endurance, Strength and Power, and Fitness in Sports. After 4 weeks of exploring, students will create an individualized fitness plan. Students are required to engage in the activity 5 days a week for at least an hour a day. Students will also research Nutrition, Safety, Injuries, and Careers associated with the activities in their fitness plan.

### Use of Technology

As wholly online course, technology & internet use will be a central component of the course in addressing 21st Century Skills

- information & communication technology
- problem solving & critical thinking
- global awareness
- self-direct learning
- time management
- personal responsibility
- collaboration

Technology use will include: Email, Learning Management System (LMS), Internet, Social Media, Wiki's, Animation, Videos, Interactive, & more!

### Course Objectives:

**The students acquire the knowledge and skill necessary to maintain an active life: movement, physical fitness, and nutrition.**

- **Students will develop fundamentals and complex movement skills as developmentally appropriate.**
- **Students will safely participate in a variety of developmentally appropriate physical activities.**
- **Students will understand the concepts of health-related physical fitness and develop and monitor progress on personal fitness goals.**
- **Students will understand the relationship of nutrition and food nutrients to physical performance and body composition.**

### Number/Description of Assignments, Projects, Activities, etc:

There is for each Unit (listed above):



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- Multiple Discussion threads on different areas of fitness.
- 4 Research Logs
- Nutrition Plan/Safety Guidelines/Injuries/Careers Assignments
- Fitness Plan
- 6 Activity Logs
- Pre and Post Fitness Assessment created by the student
- Students will video all assessments and submit in a google form

### Materials:

All course materials are included in the course or available through an independent search on the Internet.

### Timelines & Methods for evaluating student progress:

- Students are expected to log in daily and submit completed work on a weekly basis to make progress on successfully completing the course by the deadline.
- Progress will be evaluated each month based progress towards assignment completion of assignments.
- Only 1 Activity Log can be submitted per week
- Pre and Post Assessments

### This course meets State graduation requirements in the area of:

Physical Fitness

### Weekly contact

- **Students are expected to log in daily and submit assignments on a weekly basis. Progress will be evaluated each month based progress towards assignment completion of assignments.**
- **This course meets state and district graduation requirements in the area of Physical Education. This course is a half-credit (0.5) semester course, based on 90 days of work, or 18 weeks. This .5 credit will contribute to the district requirement of 1.5 credits of Physical Education needed to graduate. Weekly contact will be conducted through a submitted assignment with instructor feedback. Students who do not submit an assignment are expected to email or call his/her instructor.**
- **Each student is expected to spend a minimum of five hours per week on this course. Additional hours may be necessary to complete the course successfully.**

### Beginning & end date

Start & End date is listed in the course grade book and coincides with the district calendar for each of the terms.