



Credit Recovery PE 1

This course is designed to teach students the basic principles of fitness and help students establish a regular exercise routine, achieve a base level of fitness, and gain an appreciation for physical activity.

UNIT 1: GETTING STARTED (Time Estimate for Content Study 12.5 hours)

Discussion 1: Road Blocks

Assignment 1a: Course Contract

Assignment 1b: Workout Schedule

Learning Objectives:

- Explain each task within a section
- Describe the exercise requirements for the course and how to complete your Weekly Fitness Log
- Explain the policies about submitting assignments, parent verification, and cheating
- Explain safe and effective steps for beginning an exercise program
- List tips you can use to stay motivated in your workout schedule

UNIT 2: WHAT IS FITNESS? (Time Estimate for Content Study 12.5 hours)

Discussion 2: Holistic Health

Assignment 2: Benefits of Exercise

Learning Objectives:

- Define fitness
- Describe the state of the nation in terms of physical health and fitness
- Explore the benefits of fitness
- Explain the importance of a proper warm up and cool down

UNIT 3: SAFETY & TECHNIQUE (Time Estimate for Content Study 12.5 hours)

Discussion 3: Extreme Sports

Assignment 3: Demonstrate Posture

Learning Objectives:

- Describe what proper posture is and how to attain it
- Explain basic rules of technique while exercising
- Demonstrate proper posture and technique while exercising
- Adhere to basic exercise safety guidelines
- Explain how to treat muscle soreness and other minor injuries



UNIT 4: COMPONENTS OF FITNESS (Time Estimate for Content Study 12.5 hours)

Discussion 4: Media & Fitness

Assignment 4: Exercise Brochure

Learning Objectives:

- List and describe the five components of physical fitness
- Explain the importance of each component in establishing a balanced exercise routine
- Modify your current exercise schedule as needed

UNIT 5: FITNESS PRICIPLES (Time Estimate for Content Study 12.5 hours)

Discussion 5: Diversity & Inclusion

Assignment 5: Heart Rate Experiment

Learning Objectives:

- List and describe the FITT principles of exercise
- Apply the FITT principles to the five components of fitness
- Apply the principles of exercise to your own workout sessions
- Define and calculate your own resting heart rate, maximum heart rate, and target heart rate
- Explain alternative ways to measure your intensity when exercising

UNIT 6: DIET & SUBSTANCES (Time Estimate for Content Study 12.5 hours)

Discussion 6: Body Image

Assignment 6a: Daily Food Plan

Assignment 6b: Diet Analysis

Learning Objectives:

- Explain the importance of eating a balanced diet
- Analyze your own diet
- Explain the correlation between energy balance and weight gain or weight loss
- Calculate your caloric needs
- Explain the effects of tobacco, steroids, and other supplements on physical performance and health
- Describe the detrimental side effects of drugs