

### Course Outline & Pacing Guide

This schedule is a recommended pacing chart for the course. It shows the sections, tasks, assignments, and points possible. Each section is designed to be completed in about one week's time for a 16 week course. However, if you have less time to complete the course, you may need to move through the sections more quickly. Your teacher may also have a set schedule he/she would prefer you to use. Check with your instructor if you have any questions.

Section	Type of Assignment	Assignment	Points Possible	Due Date
<b>Course Introduction</b>				
Intro	Multimedia Lesson	<i>Course Introduction</i>	n/a	
Intro	Multimedia Lesson	<i>Course Tasks</i>	n/a	
Intro	Multimedia Lesson	<i>Exercise Requirements</i>	n/a	
Intro	Multimedia Lesson	<i>Fitness Log</i>	n/a	
Intro	Team Huddle/Discussion	Introduce Yourself	5	
Intro	Quiz	Intro Quiz	10	
Intro	Assignment	Course Contract	10	
<b>Unit 1 Fitness Assessment</b>				
<b>Section 1.1 Fitness Assessment</b>				
1.1	Multimedia Lesson	<i>Fitness Assessment</i>	n/a	
1.1	Sprint/Online Links	View Additional Links	n/a	
1.1	Team Huddle/Discussion	Fitness Assessments	5	
1.1	Assignment	Fitness Assessment	20	
1.1	Quiz	Quiz 1.1	20	
<b>Section 1.2 Fitness Analysis &amp; Goals</b>				
1.2	Multimedia Lesson	<i>Fitness Analysis</i>	n/a	
1.2	Multimedia Lesson	<i>Goal Setting</i>	n/a	
1.2	Sprint/Online Links	View Additional Links	n/a	
1.2	Team Huddle/Discussion	Holistic Health	5	
1.2	Assignment	Fitness Analysis	20	
1.2	Quiz	Quiz 1.2	20	
1.2	Assignment	Weekly Fitness Log	45	
<b>Unit 2 Know Before You Go</b>				
<b>Section 2.1 Getting Started</b>				
2.1	Multimedia Lesson	<i>Getting Started</i>	n/a	
2.1	Multimedia Lesson	<i>Motivation</i>	n/a	
2.1	Multimedia Lesson	<i>Exercise Adaptations</i>	n/a	
2.1	Sprint/Online Links	View Additional Links	n/a	
2.1	Team Huddle/Discussion	Road Blocks	5	
2.1	Assignment	Work Out Schedule	20	
2.1	Quiz	Quiz 2.1	20	
2.1	Assignment	Weekly Fitness Log	45	
<b>Section 2.2 Warm Up &amp; Cool Down</b>				
2.2	Multimedia Lesson	<i>Movement</i>	n/a	
2.2	Multimedia Lesson	<i>Motion</i>	n/a	

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2.2	Multimedia Lesson	<i>Warm Up</i>	n/a	
2.2	Multimedia Lesson	<i>Cool Down</i>	n/a	
2.2	Sprint/Online Links	View Additional Links	n/a	
2.2	Team Huddle/Discussion	Favorite Sport	5	
2.2	Assignment	Sports Magazine Article	20	
2.2	Quiz	Quiz 2.2	20	
2.2	Assignment	Weekly Fitness Log	45	
<b>Section 2.3 Posture &amp; Technique</b>				
2.3	Multimedia Lesson	<i>Proper Posture</i>	n/a	
2.3	Multimedia Lesson	<i>Exercise Technique</i>	n/a	
2.3	Multimedia Lesson	<i>Posture &amp; Exercise</i>	n/a	
2.3	Sprint/Online Links	View Additional Links	n/a	
2.3	Team Huddle/Discussion	Too Much Exercise	5	
2.3	Assignment	Demonstrate Posture	20	
2.3	Quiz	Quiz 2.3	20	
2.3	Assignment	Weekly Fitness Log	45	
	Email Check Point	Parent Verification	**	
	Assignment	Fitness Checkpoint	5	
<b>Unit 3 What is Fitness?</b>				
<b>Section 3.1 What is Fitness?</b>				
3.1	Multimedia Lesson	<i>What is Fitness?</i>	n/a	
3.1	Multimedia Lesson	<i>State of the Nation</i>	n/a	
3.1	Multimedia Lesson	<i>Skill vs. Health</i>	n/a	
3.1	Sprint/Online Links	View Additional Links	n/a	
3.1	Team Huddle/Discussion	Media Portrayals	5	
3.1	Assignment	Advertisement	20	
3.1	Quiz	Quiz 3.1	20	
3.1	Assignment	Weekly Fitness Log	45	
<b>Section 3.2 Exercise Benefits</b>				
3.2	Multimedia Lesson	<i>Benefits of Fitness</i>	n/a	
3.2	Multimedia Lesson	<i>Sportsmanship</i>	n/a	
3.2	Sprint/Online Links	View Additional Links	n/a	
3.2	Team Huddle/Discussion	Diversity & Inclusion	5	
3.2	Assignment	Benefits Summaries	20	
3.2	Quiz	Quiz 3.2	20	
3.2	Assignment	Weekly Fitness Log	45	
<b>Section 3.3 Safety &amp; Injury Prevention</b>				
3.3	Multimedia Lesson	<i>Safety Guidelines</i>	n/a	
3.3	Multimedia Lesson	<i>Exercising in Heat</i>	n/a	
3.3	Multimedia Lesson	<i>Exercising in Cold</i>	n/a	
3.3	Multimedia Lesson	<i>Muscle Soreness</i>	n/a	
3.3	Multimedia Lesson	<i>Minor Injuries</i>	n/a	
3.3	Sprint/Online Links	View Additional Links	n/a	
3.3	Team Huddle/Discussion	Extreme Sports	5	
3.3	Assignment	Sport Safety	20	
3.3	Quiz	Quiz 3.3	20	

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3.3	Assignment	Weekly Fitness Log	45	
<b>Unit 4 Principles of Fitness</b>				
<b>Section 4.1 Principles of Fitness</b>				
4.1	Multimedia Lesson	<i>Components of Fitness</i>	n/a	
4.1	Multimedia Lesson	<i>Cardiovascular Fitness</i>	n/a	
4.1	Multimedia Lesson	<i>Strength &amp; Endurance</i>	n/a	
4.1	Multimedia Lesson	<i>Flexibility</i>	n/a	
4.1	Multimedia Lesson	<i>Body Composition</i>	n/a	
4.1	Sprint/Online Links	View Additional Links	n/a	
4.1	Team Huddle/Discussion	Eating Disorders	5	
4.1	Assignment	Modify Workout Plan	20	
4.1	Quiz	Quiz 4.1	20	
4.1	Assignment	Weekly Fitness Log	45	
	Email Check Point	Parent Verification	**	
	Assignment	Fitness Checkpoint	5	
<b>Section 4.2 FITT Principles</b>				
4.2	Multimedia Lesson	<i>FITT Principles</i>	n/a	
4.2	Multimedia Lesson	<i>Applying FITT Principles</i>	n/a	
4.2	Multimedia Lesson	<i>Principles of Exercise</i>	n/a	
4.2	Multimedia Lesson	<i>FITT Adaptations</i>	n/a	
4.2	Sprint/Online Links	View Additional Links	n/a	
4.2	Team Huddle/Discussion	Agreeing on Differences	5	
4.2	Assignment	Exercise Brochure	20	
4.2	Quiz	Quiz 4.2	20	
4.2	Assignment	Weekly Fitness Log	45	
<b>Section 4.3 Heart Rate &amp; Intensity</b>				
4.3	Multimedia Lesson	<i>Heart Rate</i>	n/a	
4.3	Multimedia Lesson	<i>Measuring Intensity</i>	n/a	
4.3	Sprint/Online Links	View Additional Links	n/a	
4.3	Team Huddle/Discussion	Competition	5	
4.3	Assignment	Heart Rate Experiment	20	
4.3	Quiz	Quiz 4.3	20	
4.3	Assignment	Weekly Fitness Log	45	
<b>Unit 5 Diet &amp; Substances</b>				
<b>Section 5.1 Nutrition</b>				
5.1	Multimedia Lesson	<i>Nutrition</i>	n/a	
5.1	Multimedia Lesson	<i>Dietary Guidelines</i>	n/a	
5.1	Sprint/Online Links	View Additional Links	n/a	
5.1	Team Huddle/Discussion	Social/Emotional Eating	5	
5.1	Assignment	Daily Food Plan	10	
5.1	Assignment	Diet Analysis	10	
5.1	Quiz	Quiz 5.1	20	
5.1	Assignment	Weekly Fitness Log	45	
<b>Section 5.2 Weight Management</b>				
5.2	Multimedia Lesson	<i>Weight Management</i>	n/a	
5.2	Multimedia Lesson	<i>Myths &amp; Misconceptions</i>	n/a	

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5.2	Sprint/Online Links	View Additional Links	n/a	
5.2	Team Huddle/Discussion	Body Image & Pressure	5	
5.2	Assignment	Caloric Needs	20	
5.2	Quiz	Quiz 5.2	20	
5.2	Assignment	Weekly Fitness Log	45	
	Email Check Point	Parent Verification	**	
	Assignment	Fitness Checkpoint	5	
<b>Section 5.3 Drugs &amp; Fitness</b>				
5.3	Multimedia Lesson	<i>Drugs &amp; Exercise</i>	n/a	
5.3	Sprint/Online Links	View Additional Links	n/a	
5.3	Team Huddle/Discussion	Drug Testing	5	
5.3	Assignment	Athlete Bio	20	
5.3	Quiz	Quiz 5.3	20	
5.3	Assignment	Weekly Fitness Log	*Optional	
<b>Unit 6 Post Assessment</b>				
<b>Section 6.1 Post Assessment</b>				
6.1	Multimedia Lesson	<i>Post Assessment</i>	n/a	
6.1	Multimedia Lesson	<i>Staying Active</i>	n/a	
6.1	Team Huddle/Discussion	Making a Difference	5	
6.1	Assignment	Post Assessment	35	
6.1	Assignment	Weekly Fitness Log	*Optional	

\*Only 12 Weekly Fitness Logs are required throughout the semester. Optional days to submit a weekly log are included for make-up, in case of missed weeks, or extra credit.

\*\*Parent verification of the Weekly Fitness Logs is required every four weeks. The student will not receive additional points for the parent verification. However, the student will LOSE points for his/her fitness logs if the parent verification is not submitted.