

Advanced PE

Detailed Schedule

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.

Upload Assignment = indicates that you must type your assignment in a document or other format, as specified and submit it or upload in the course.

Electronic Assignment = indicates that you can type your response directly into the space provided in the course.

Section	Type of Assignment	Assignment	Points Possible	Due Date
Course Introduction				
Intro	Multimedia Lesson	<i>Course Introduction</i>	n/a	
Intro	Multimedia Lesson	<i>Course Tasks</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	Upload Assignment	Course Contract	10	
Unit 1 Exercise Science				
Section 1.1 Fitness Assessment & Goals				
1.1	Multimedia Lesson	<i>Fitness Assessment</i>	n/a	
1.1	Multimedia Lesson	<i>Fitness Analysis</i>	n/a	
1.1	Multimedia Lesson	<i>Goal Setting</i>	n/a	
1.1	Sprint/Online Links	View Additional Links	n/a	
1.1	Team Huddle/Discussion	Fitness Assessments	5	
1.1	Upload Assignment	Fitness Analysis	20	
1.1	Quiz	Quiz 1.1	20	
Section 1.2 Exercise Programming				
1.2	Multimedia Lesson	<i>Getting Started</i>	n/a	
1.2	Multimedia Lesson	<i>Exercise Science</i>	n/a	
1.2	Multimedia Lesson	<i>Exercise Programming</i>	n/a	
1.2	Multimedia Lesson	<i>Mode</i>	n/a	
1.2	Sprint/Online Links	View Additional Links	n/a	
1.2	Team Huddle/Discussion	Technology	5	
1.2	Upload Assignment	Work-out Schedule	20	
1.2	Quiz	Quiz 1.2	20	
1.2	Upload Assignment	Weekly Fitness Log	45	
Unit 2 Basics of Physical Fitness				
Section 2.1 Safety				
2.1	Multimedia Lesson	<i>Benefits of Fitness</i>	n/a	
2.1	Multimedia Lesson	<i>Safety Guidelines</i>	n/a	
2.1	Multimedia Lesson	<i>Strength Training Guidelines</i>	n/a	
2.1	Sprint/Online Links	View Additional Links	n/a	

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2.1	Team Huddle/Discussion	Your Level of Fitness	5	
2.1	Upload Assignment	Safety Pamphlet	20	
2.1	Quiz	Quiz 2.1	20	
2.1	Upload Assignment	Weekly Fitness Log	45	
Section 2.2 Components of Physical Fitness				
2.2	Multimedia Lesson	<i>Physical Fitness</i>	n/a	
2.2	Multimedia Lesson	<i>Cardiorespiratory</i>	n/a	
2.2	Multimedia Lesson	<i>Body Composition</i>	n/a	
2.2	Multimedia Lesson	<i>Muscular Fitness</i>	n/a	
2.2	Multimedia Lesson	<i>Flexibility</i>	n/a	
2.2	Sprint/Online Links	View Additional Links	n/a	
2.2	Team Huddle/Discussion	Strength vs Endurance	5	
2.2	Upload Assignment	Advertise for Exercise	20	
2.2	Quiz	Quiz 2.2	20	
2.2	Upload Assignment	Weekly Fitness Log	45	
Unit 3 Body Systems				
Section 3.1 Terminology				
3.1	Multimedia Lesson	<i>Reference Points</i>	n/a	
3.1	Multimedia Lesson	<i>Terms of Orientation</i>	n/a	
3.1	Multimedia Lesson	<i>Terms of Movement</i>	n/a	
3.1	Sprint/Online Links	View Additional Links	n/a	
3.1	Team Huddle/Discussion	Importance of Terminology	5	
3.1	Upload Assignment	Rate Your Posture	20	
3.1	Quiz	Quiz 3.1	20	
3.1	Upload Assignment	Weekly Fitness Log	45	
	Email Check Point	Parent Verification	**	
	Electronic Assignment	Fitness Checkpoint	5	
Section 3.2 Respiratory System				
3.2	Multimedia Lesson	<i>Anatomy</i>	n/a	
3.2	Multimedia Lesson	<i>Respiration</i>	n/a	
3.2	Multimedia Lesson	<i>Respiratory System</i>	n/a	
3.2	Anatomy Check	<i>Respiratory Anatomy</i>	n/a	
3.2	Sprint/Online Links	View Additional Links	n/a	
3.2	Team Huddle/Discussion	Training Effect	5	
3.2	Electronic Assignment	Respiratory System	13	
3.2	Electronic Assignment	Respiratory Anatomy	7	
3.2	Quiz	Quiz 3.2	20	
3.2	Upload Assignment	Weekly Fitness Log	45	
Section 3.3 Skeletal System				
3.3	Multimedia Lesson	<i>The Skeletal System</i>	n/a	
3.3	Multimedia Lesson	<i>Skeletal System & Posture</i>	n/a	
3.3	Multimedia Lesson	<i>Rate Your Posture</i>	n/a	
3.3	Anatomy Check	<i>Skeletal Anatomy</i>	n/a	
3.3	Sprint/Online Links	View Additional Links	n/a	
3.3	Team Huddle/Discussion	Strong Bones	5	
3.3	Electronic Assignment	Name that Bone	9	

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3.3	Electronic Assignment	Skeletal Anatomy	11	
3.3	Quiz	Quiz 3.3	20	
3.3	Upload Assignment	Weekly Fitness Log	45	
Unit 4 Cardiovascular System				
Section 4.1 Cardiovascular System				
4.1	Multimedia Lesson	<i>Cardiovascular System</i>	n/a	
4.1	Multimedia Lesson	<i>Circulation</i>	n/a	
4.1	Sprint/Online Links	View Additional Links	n/a	
4.1	Team Huddle/Discussion	Coping with Stress	5	
4.1	Upload Assignment	Modified Work-out Schedule	20	
4.1	Quiz	Quiz 4.1	20	
4.1	Upload Assignment	Weekly Fitness Log	45	
Section 4.2 The Heart				
4.2	Multimedia Lesson	<i>Anatomy of the Heart</i>	n/a	
4.2	Multimedia Lesson	<i>Heart Rate</i>	n/a	
4.2	Anatomy Check	<i>Heart Anatomy</i>	n/a	
4.2	Sprint/Online Links	View Additional Links	n/a	
4.2	Team Huddle/Discussion	Social Support	5	
4.2	Upload Assignment	Heart Rate	20	
4.2	Quiz	Quiz 4.2	20	
4.2	Upload Assignment	Weekly Fitness Log	45	
	Email Check Point	Parent Verification	**	
	Electronic Assignment	Fitness Checkpoint	5	
Unit 5 Muscular System				
Section 5.1 Muscular System				
5.1	Multimedia Lesson	<i>The Muscular System</i>	n/a	
5.1	Multimedia Lesson	<i>Muscular Function</i>	n/a	
5.1	Anatomy Check	<i>Muscular Anatomy</i>	n/a	
5.1	Sprint/Online Links	View Additional Links	n/a	
5.1	Team Huddle/Discussion	Body Image	5	
5.1	Electronic Assignment	Muscular Anatomy	5	
5.1	Electronic Assignment	Name that Muscle	15	
5.1	Quiz	Quiz 5.1	20	
5.1	Upload Assignment	Weekly Fitness Log	45	
Section 5.2 Muscle Physiology				
5.2	Multimedia Lesson	<i>Classifications</i>	n/a	
5.2	Multimedia Lesson	<i>Muscle Contractions</i>	n/a	
5.2	Multimedia Lesson	<i>Effects of Exercise</i>	n/a	
5.2	Sprint/Online Links	View Additional Links	n/a	
5.2	Team Huddle/Discussion	Your Fiber Type	5	
5.2	Upload Assignment	Home Gym	20	
5.2	Quiz	Quiz 5.2	20	
5.2	Upload Assignment	Weekly Fitness Log	45	
Unit 6 Nutrition				
Section 6.1 Digestive System				

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6.1	Multimedia Lesson	<i>Digestive System</i>	n/a	
6.1	Multimedia Lesson	<i>Digestion</i>	n/a	
6.1	Anatomy Check	<i>Digestive System Anatomy</i>	n/a	
6.1	Sprint/Online Links	View Additional Links	n/a	
6.1	Team Huddle/Discussion	Portion Size	5	
6.1	Upload Assignment	Portion Control	20	
6.1	Quiz	Quiz 6.1	20	
6.1	Upload Assignment	Weekly Fitness Log	45	
Section 6.2 Energy Nutrients				
6.2	Multimedia Lesson	<i>Carbohydrates</i>	n/a	
6.2	Multimedia Lesson	<i>Proteins & Amino Acids</i>	n/a	
6.2	Multimedia Lesson	<i>Fats</i>	n/a	
6.2	Multimedia Lesson	<i>MyPlate</i>	n/a	
6.2	Sprint/Online Links	View Additional Links	n/a	
6.2	Team Huddle/Discussion	Energy Drinks & Foods	5	
6.2	Upload Assignment	Diet Analysis	20	
6.2	Quiz	Quiz 6.2	20	
6.2	Upload Assignment	Weekly Fitness Log	45	
	Email Check Point	Parent Verification	**	
	Electronic Assignment	Fitness Checkpoint	5	
Section 6.3 Energy Systems				
6.3	Multimedia Lesson	<i>Energy Systems</i>	n/a	
6.3	Multimedia Lesson	<i>ATP-PC System</i>	n/a	
6.3	Multimedia Lesson	<i>Anaerobic Glycolysis</i>	n/a	
6.3	Multimedia Lesson	<i>Oxygen System</i>	n/a	
6.3	Sprint/Online Links	View Additional Links	n/a	
6.3	Team Huddle/Discussion	Systems in Action	5	
6.3	Upload Assignment	Energy Balance	20	
6.3	Quiz	Quiz 6.3	20	
6.3	Upload Assignment	Weekly Fitness Log	*Optional	
Unit 7 Post Assessment				
Section 7.1 Post Assessment				
7.1	Multimedia Lesson	<i>Post Assessment</i>	n/a	
7.1	Multimedia Lesson	<i>Staying Active</i>	n/a	
7.1	Team Huddle/Discussion	Staying Motivated	5	
7.1	Upload Assignment	Post Assessment	35	
7.1	Upload 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.