

Advanced PE 2

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>Exercise Requirements</i>	n/a	
Intro	Multimedia Lesson	<i>Fitness Log</i>	n/a	
Intro	Team Huddle/Discussion	Introduce Yourself	5	
Intro	Upload Assignment	Course Contract	10	
Intro	Quiz	Intro Quiz	10	
Unit 1 Physical Fitness				
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	Individual and Group Exercise	5	
1.1	Upload Assignment	Fitness Analysis & Goals	20	
1.1	Quiz	Quiz 1.1	20	
Section 1.2 Physical Activity				
1.2	Multimedia Lesson	<i>Physical Activity</i>	n/a	
1.2	Multimedia Lesson	<i>Progression</i>	n/a	
1.2	Multimedia Lesson	<i>Cardiovascular Fitness</i>	n/a	
1.2	Sprint/Online Links	View Additional Links	n/a	
1.2	Team Huddle/Discussion	Routine vs Variety	5	
1.2	Upload Assignment	Work-out Schedule	20	
1.2	Quiz	Quiz 1.2	20	
1.2	Upload Assignment	Weekly Fitness Log	45	
Section 1.3 Muscular Fitness				
1.3	Multimedia Lesson	<i>Strength Training</i>	n/a	
1.3	Multimedia Lesson	<i>Flexibility</i>	n/a	
1.3	Sprint/Online Links	View Additional Links	n/a	
1.3	Team Huddle/Discussion	Drug Testing	5	

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1.3	Upload Assignment	Strength Training Plan	20	
1.3	Quiz	Quiz 1.3	20	
1.3	Upload Assignment	Weekly Fitness Log	45	
Unit 2 Biomechanics & Safety				
Section 2.1 Biomechanics				
2.1	Multimedia Lesson	<i>Biomechanics</i>	n/a	
2.1	Multimedia Lesson	<i>Laws of Motion</i>	n/a	
2.1	Multimedia Lesson	<i>Biomechanics in Action</i>	n/a	
2.1	Sprint/Online Links	View Additional Links	n/a	
2.1	Team Huddle/Discussion	Special Abilities	5	
2.1	Electronic Assignment	Biomechanics in Action	20	
2.1	Quiz	Quiz 2.1	20	
2.1	Upload Assignment	Weekly Fitness Log	45	
Section 2.2 Exercise Safety				
2.2	Multimedia Lesson	<i>Exercise Safety</i>	n/a	
2.2	Multimedia Lesson	<i>Injury Prevention</i>	n/a	
2.2	Sprint/Online Links	View Additional Links	n/a	
2.2	Team Huddle/Discussion	Mouth Guards	5	
2.2	Upload Assignment	Sport Safety	20	
2.2	Quiz	Quiz 2.2	20	
2.2	Upload Assignment	Weekly Fitness Log	45	
	Email Check Point	Parent Verification	**	
	Electronic Assignment	Fitness Checkpoint	5	
Section 2.3 Injury Treatment				
2.3	Multimedia Lesson	<i>RICE</i>	n/a	
2.3	Multimedia Lesson	<i>Injury Treatment</i>	n/a	
2.3	Sprint/Online Links	View Additional Links	n/a	
2.3	Team Huddle/Discussion	Injury Experience	5	
2.3	Upload Assignment	Injury Pamphlet	20	
2.3	Quiz	Quiz 2.3	20	
2.3	Upload Assignment	Weekly Fitness Log	45	
Unit 3 Nutrition				
Section 3.1 Weight Management				
3.1	Multimedia Lesson	<i>Weight Management</i>	n/a	
3.1	Multimedia Lesson	<i>Fad Diets</i>	n/a	
3.1	Multimedia Lesson	<i>Eating Disorders</i>	n/a	
3.1	Sprint/Online Links	View Additional Links	n/a	
3.1	Team Huddle/Discussion	Cultural & Family Influence	5	
3.1	Upload Assignment	Diet Evaluations	20	
3.1	Quiz	Quiz 3.1	20	
3.1	Upload Assignment	Weekly Fitness Log	45	
Section 3.2 Sport Nutrition				
3.2	Multimedia Lesson	<i>Sports Nutrition 1</i>	n/a	
3.2	Multimedia Lesson	<i>Sports Nutrition 2</i>	n/a	
3.2	Sprint/Online Links	View Additional Links	n/a	

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3.2	Team Huddle/Discussion	Eating Road Blocks	5	
3.2	Upload Assignment	Modify Workout Plan	20	
3.2	Quiz	Quiz 3.2	20	
3.2	Upload Assignment	Weekly Fitness Log	45	
Unit 4 Exercise Programming Considerations				
Section 4.1 Exercise Programming Considerations				
4.1	Multimedia Lesson	<i>Myths & Misconceptions</i>	n/a	
4.1	Multimedia Lesson	<i>Environ. Considerations</i>	n/a	
4.1	Sprint/Online Links	View Additional Links	n/a	
4.1	Team Huddle/Discussion	Perfect Environment	5	
4.1	Upload Assignment	Modify Strength Plan	20	
4.1	Quiz	Quiz 4.1	20	
4.1	Upload Assignment	Weekly Fitness Log	45	
	Email Check Point	Parent Verification	**	
	Electronic Assignment	Fitness Checkpoint	5	
Section 4.2 Special Populations				
4.2	Multimedia Lesson	<i>Special Populations</i>	n/a	
4.2	Multimedia Lesson	<i>Aging</i>	n/a	
4.2	Multimedia Lesson	<i>Obesity & Heart Disease</i>	n/a	
4.2	Sprint/Online Links	View Additional Links	n/a	
4.2	Team Huddle/Discussion	Nature vs Nurture	5	
4.2	Upload Assignment	Special Population Brochure	20	
4.2	Quiz	Quiz 4.2	20	
4.2	Upload Assignment	Weekly Fitness Log	45	
Section 4.3 Gender Considerations				
4.3	Multimedia Lesson	<i>Gender Differences</i>	n/a	
4.3	Multimedia Lesson	<i>Female Athlete Triad</i>	n/a	
4.3	Multimedia Lesson	<i>Pregnancy & Exercise</i>	n/a	
4.3	Sprint/Online Links	View Additional Links	n/a	
4.3	Team Huddle/Discussion	Cultural Perspective	5	
4.3	Upload Assignment	Website Evaluation	20	
4.3	Quiz	Quiz 4.3	20	
4.3	Upload Assignment	Weekly Fitness Log	45	
Unit 5 Exercise Psychology				
Section 5.1 Stages of Change				
5.1	Multimedia Lesson	<i>Stages of Change</i>	n/a	
5.1	Multimedia Lesson	<i>Relapse Prevention</i>	n/a	
5.1	Sprint/Online Links	View Additional Links	n/a	
5.1	Team Huddle/Discussion	Motivation	5	
5.1	Electronic Assignment	Stages of Change	20	
5.1	Quiz	Quiz 5.1	20	
5.1	Upload Assignment	Weekly Fitness Log	45	
Section 5.2 Health Interventions				
5.2	Multimedia Lesson	<i>Cognitive Behavior</i>	n/a	
5.2	Multimedia Lesson	<i>Reinforcement</i>	n/a	

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5.2	Multimedia Lesson	<i>Other Therapies</i>	n/a	
5.2	Sprint/Online Links	View Additional Links	n/a	
5.2	Team Huddle/Discussion	Barriers	5	
5.2	Upload Assignment	Motivation Poster	20	
5.2	Quiz	Quiz 5.2	20	
5.2	Upload Assignment	Weekly Fitness Log	45	
	Email Check Point	Parent Verification	**	
	Electronic Assignment	Fitness Checkpoint	5	
Section 5.3 Motivation				
5.3	Multimedia Lesson	<i>Motivation</i>	n/a	
5.3	Multimedia Lesson	<i>Social Support</i>	n/a	
5.3	Multimedia Lesson	<i>Self-Efficacy</i>	n/a	
5.3	Sprint/Online Links	View Additional Links	n/a	
5.3	Team Huddle/Discussion	Realistic Goals	5	
5.3	Upload Assignment	Self-Efficacy	20	
5.3	Quiz	Quiz 5.3	20	
5.3	Upload Assignment	Weekly Fitness Log	*Optional	
Unit 6 Post Assessment				
Section 6.1 Post Assessment				
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	New Perspective	5	
6.1	Upload Assignment	Post Assessment	35	
6.1	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.