

Credit Recovery PE 2

Course Outline & Pacing Guide

This schedule is a recommended pacing chart for the course. It shows the sections, tasks, assignments, and points possible. Since this is an accelerated-paced course, it is recommended that you complete at least two sections per week. 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.

Section	Type of Assignment	Assignment	Points Possible	Due Date
Week 1: Getting Started				
1	Multimedia Lesson	Course Introduction	n/a	
1	Multimedia Lesson	Course Tasks	n/a	
1	Multimedia Lesson	Exercise Requirements	n/a	
1	Multimedia Lesson	Fitness Log	n/a	
1	Multimedia Lesson	Create an Exercise Program	n/a	
1	Team Huddle/Discussion	Health Profession	5	
1	Upload Assignment	Course Contract	10	
1	Upload Assignment	Workout Schedule	20	
1	Quiz	Quiz 1	20	
1	Upload Assignment	Fitness Log 1	60	
Week 2: Goal Setting				
2	Multimedia Lesson	Getting Started	n/a	
2	Multimedia Lesson	Finding Time For Fitness	n/a	
2	Multimedia Lesson	Goal Setting	n/a	
2	Sprint/Online Links	View Additional Links	n/a	
2	Team Huddle/Discussion	Strongest Areas of Fitness	5	
2	Upload Assignment	Goal Setting	20	
2	Quiz	Quiz 2	20	
2	Upload Assignment	Fitness Log 2	60	
Week 3: Holistic Health				
3	Multimedia Lesson	Holistic Health	n/a	
3	Multimedia Lesson	Risk Factors	n/a	
3	Sprint/Online Links	View Additional Links	n/a	
3	Team Huddle/Discussion	Effects of Fitness	5	
3	Upload Assignment	Venn Diagram	20	
3	Quiz	Quiz 3	20	
3	Upload Assignment	Fitness Log 3	60	
	Upload Assignment	Fitness Checkpoint	5	
	Parent Verification of Fitness Logs		**	
Week 4: Cardio Training				
4	Multimedia Lesson	Aerobic vs. Anaerobic	n/a	
4	Multimedia Lesson	FITT Cardio Principles	n/a	
4	Multimedia Lesson	Cardio Guidelines	n/a	

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4	Multimedia Lesson	Benefits of Cardio Exercise	n/a	
4	Sprint/Online Links	View Additional Links	n/a	
4	Team Huddle/Discussion	Couch Potato	5	
4	Upload Assignment	Sport PowerPoint	20	
4	Quiz	Quiz 4	20	
4	Upload Assignment	Fitness Log 4	60	
Week 5: Strength & Flexibility Training				
5	Multimedia Lesson	FITT Principles of Strength	n/a	
5	Multimedia Lesson	Strength Training Guidelines	n/a	
5	Multimedia Lesson	Strength Training Principles	n/a	
5	Multimedia Lesson	FITT Flexibility Principles	n/a	
5	Sprint/Online Links	View Additional Links	n/a	
5	Team Huddle/Discussion	Workout Preferences	5	
5	Upload Assignment	Personal Training Session	20	
5	Quiz	Quiz 5	20	
5	Upload Assignment	Fitness Log 5	60	
Week 6: Diet & Exercise				
6	Multimedia Lesson	Essential Nutrients	n/a	
6	Multimedia Lesson	Carbohydrates & Exercise	n/a	
6	Multimedia Lesson	Protein & Exercise	n/a	
6	Multimedia Lesson	Fats & Exercise	n/a	
6	Sprint/Online Links	View Additional Links	n/a	
6	Team Huddle/Discussion	To Eat or Not to Eat	5	
6	Upload Assignment	Food Diary	20	
6	Quiz	Quiz 6	20	
6	Upload Assignment	Fitness Log 6	60	
	Upload Assignment	Fitness Checkpoint	5	
	Parent Verification of Fitness Logs		**	

**Parent verification of the Weekly Fitness Logs is required in order to receive credit. 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.