

### Course Outline & Pacing Guide

This outline contains all the sections, tasks, and assignments for this course. It also identifies which tasks should be submitted for a grade and the maximum points possible per assignment, quiz, or exam.

This course was designed to be taken in a linear fashion. Students should initially review the materials under Course Home and the Course Introduction, then complete Units 1 through 6 in order. Each unit is divided into 1-3 sections. These sections should also be completed in the order specified.

There are 16 total sections in the course. Each section is designed to be completed in about one week's time. However, if you have less time to complete the course, you may need to move through the sections more quickly. Your instructor may also have a set schedule he/she would prefer you to follow. 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>Fitness Log</i>	n/a	
Intro	Team Huddle/Discussion	Introduce Yourself	5	
Intro	Quiz	Intro Quiz	10	
Intro	Upload Assignment	Course Contract	10	
<b>Unit 1 Getting Started</b>				
<b>Section 1.1 Fitness Assessment &amp; Analysis</b>				
1.1	Multimedia Lesson	<i>Personal 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	Setting Realistic Goals	5	
1.1	Upload Assignment	Fitness Assessment, Analysis, & Goals	20	
1.1	Quiz	Quiz 1.1	20	
<b>Section 1.2 Starting an Exercise Program</b>				
1.2	Multimedia Lesson	<i>Getting Started</i>	n/a	
1.2	Multimedia Lesson	<i>FITT Principles</i>	n/a	
1.2	Multimedia Lesson	<i>Motivation</i>	n/a	
1.2	Sprint/Online Links	View Additional Links	n/a	
1.2	Team Huddle/Discussion	Barriers to Exercise	5	

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1.2	Upload Assignment	Create a Workout Schedule	20	
1.2	Quiz	Quiz 1.2	20	
1.2	Upload Assignment	Weekly Fitness Log 1	45	
<b>Section 1.3 Safety &amp; Technique</b>				
1.3	Multimedia Lesson	<i>Warm Up</i>	n/a	
1.3	Multimedia Lesson	<i>Cool Down</i>	n/a	
1.3	Multimedia Lesson	<i>Exercise Safety</i>	n/a	
1.3	Multimedia Lesson	<i>Posture &amp; Technique</i>	n/a	
1.3	Sprint/Online Links	View Additional Links	n/a	
1.3	Team Huddle/Discussion	Media Portrayals	5	
1.3	Upload Assignment	Exercise Technique	20	
1.3	Quiz	Quiz 1.3	20	
1.3	Upload Assignment	Weekly Fitness Log 2	45	
<b>Unit 2 Health-Related Fitness</b>				
<b>Section 2.1 Cardiovascular Fitness</b>				
2.1	Multimedia Lesson	<i>Health-Related Fitness</i>	n/a	
2.1	Multimedia Lesson	<i>Cardiovascular Fitness</i>	n/a	
2.1	Multimedia Lesson	<i>Heart Rate</i>	n/a	
2.1	Sprint/Online Links	View Additional Links	n/a	
2.1	Team Huddle/Discussion	Favorite Activities	5	
2.1	Upload Assignment	Heart Rate Experiment	20	
2.1	Quiz	Quiz 2.1	20	
2.1	Upload Assignment	Weekly Fitness Log 3	45	
<b>Section 2.2 Nutrition</b>				
2.2	Multimedia Lesson	<i>MyPlate</i>	n/a	
2.2	Multimedia Lesson	<i>Weight Management</i>	n/a	
2.2	Multimedia Lesson	<i>Drugs &amp; Exercise</i>	n/a	
2.2	Sprint/Online Links	View Additional Links	n/a	
2.2	Team Huddle/Discussion	Eating Disorders	5	
2.2	Upload Assignment	Daily Food Plan & Diet Analysis	20	
2.2	Quiz	Quiz 2.2	20	
2.2	Upload Assignment	Weekly Fitness Log 4	45	
	Email Check Point	Parent Verification	**	
	Upload Assignment	Fitness Checkpoint	5	
<b>Section 2.3 Muscular Fitness &amp; Flexibility</b>				
2.3	Multimedia Lesson	<i>Muscular Fitness</i>	n/a	
2.3	Multimedia Lesson	<i>Flexibility</i>	n/a	
2.3	Multimedia Lesson	<i>Benefits of Exercise</i>	n/a	

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2.3	Sprint/Online Links	View Additional Links	n/a	
2.3	Team Huddle/Discussion	Chronic Disease Prevention	5	
2.3	Upload Assignment	Modify Exercise Program	20	
2.3	Quiz	Quiz 2.3	n/a	
2.3	Upload Assignment	Weekly Fitness Log 5	45	
<b>Unit 3 Skill-Related Fitness</b>				
<b>Section 3.1 Principles of Movement</b>				
3.1	Multimedia Lesson	<i>Skill-Related Fitness</i>	n/a	
3.1	Multimedia Lesson	<i>Movement</i>	n/a	
3.1	Multimedia Lesson	<i>Motion</i>	n/a	
3.1	Multimedia Lesson	<i>Laws of Motion</i>	n/a	
3.1	Sprint/Online Links	View Additional Links	n/a	
3.1	Team Huddle/Discussion	Balance	5	
3.1	Upload Assignment	Skill Related Fitness	20	
3.1	Quiz	Quiz 3.1	20	
3.1	Upload Assignment	Weekly Fitness Log 6	45	
<b>Section 3.2 Game Play</b>				
3.2	Multimedia Lesson	<i>Game Strategy</i>	n/a	
3.2	Multimedia Lesson	<i>Tactical Movement</i>	n/a	
3.2	Multimedia Lesson	<i>Game Play Skills</i>	n/a	
3.3	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	Upload Assignment	Situations & Tactics	20	
3.2	Quiz	Quiz 3.2	20	
3.2	Upload Assignment	Weekly Fitness Log 7	45	
<b>Unit 4 Team Sports</b>				
<b>Section 4.1 Soccer</b>				
4.1	Multimedia Lesson	<i>Soccer: Guidelines &amp; Game Play</i>	n/a	
4.1	Sprint/Online Links	View Additional Links	n/a	
4.1	Team Huddle/Discussion	Agreeing on Differences	5	
4.1	Upload Assignment	Soccer Skills	20	
4.1	Quiz	Quiz 4.1	20	
4.1	Upload Assignment	Weekly Fitness Log 8	45	
	Email Check Point	Parent Verification	**	
	Upload Assignment	Fitness Checkpoint	5	
<b>Section 4.2 Baseball/ Softball</b>				
4.2	Multimedia Lesson	<i>Baseball/Softball History</i>	n/a	

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4.2	Multimedia Lesson	<i>Baseball/Softball Guidelines &amp; Game Play</i>	n/a	
4.2	Multimedia Lesson	<i>Baseball/Softball Positions</i>	n/a	
4.2	Sprint/Online Links	View Additional Links	n/a	
4.2	Team Huddle/Discussion	What Makes a Good Coach?	5	
4.2	Upload Assignment	Baseball/Softball Skills	20	
4.2	Quiz	Quiz 4.2	n/a	
4.2	Upload Assignment	Weekly Fitness Log 9	45	
<b>Section 4.3 Volleyball</b>				
4.3	Multimedia Lesson	<i>Volleyball: History</i>	n/a	
4.3	Multimedia Lesson	<i>Volleyball: Guidelines &amp; Game Play</i>	n/a	
4.3	Sprint/Online Links	View Additional Links	n/a	
4.3	Team Huddle/Discussion	Risk vs. Benefit	5	
4.3	Upload Assignment	Volleyball Skills	20	
4.3	Quiz	Quiz 4.3	20	
4.3	Upload Assignment	Weekly Fitness Log 10	45	
<b>Unit 5 Dual &amp; Individual Sports</b>				
<b>Section 5.1 Tennis</b>				
5.1	Multimedia Lesson	<i>Tennis History</i>	n/a	
5.1	Multimedia Lesson	<i>Tennis Guidelines &amp; Game Play</i>	n/a	
5.1	Sprint/Online Links	View Additional Links	n/a	
5.1	Team Huddle/Discussion	Constructive Criticism	5	
5.1	Upload Assignment	Tennis Skills	20	
5.1	Quiz	Quiz 5.1	n/a	
5.1	Upload Assignment	Weekly Fitness Log 11	45	
<b>Section 5.2 Walking, Hiking, &amp; Running</b>				
5.2	Multimedia Lesson	<i>Walking Technique</i>	n/a	
5.2	Multimedia Lesson	<i>Hiking</i>	n/a	
5.2	Multimedia Lesson	<i>Proper Running Form</i>	n/a	
5.2	Sprint/Online Links	View Additional Links	n/a	
5.2	Team Huddle/Discussion	Community Resources	5	
5.2	Upload Assignment	Sport Report: Walking, Hiking, or Running	20	
5.2	Quiz	Quiz 5.2	20	
5.2	Upload Assignment	Weekly Fitness Log 12	45	
	Email Check Point	Parent Verification	**	

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	Upload Assignment	Fitness Checkpoint	5	
<b>Section 5.3 Dance, Yoga, &amp; Pilates</b>				
5.3	Multimedia Lesson	<i>Rhythm &amp; Multicultural Dance</i>	n/a	
5.3	Multimedia Lesson	<i>Yoga Technique</i>	n/a	
5.3	Multimedia Lesson	<i>Pilates</i>	n/a	
5.3	Sprint/Online Links	View Additional Links	n/a	
5.3	Team Huddle/Discussion	Multicultural Sports	5	
5.3	Upload Assignment	Sport Report: Yoga or Dance	20	
5.3	Quiz	Quiz 5.3	n/a	
5.3	Upload Assignment	Weekly Fitness Log 13	*Optional	
<b>Unit 6 Post Assessment</b>				
<b>Section 6.1 Post Assessment</b>				
6.1	Multimedia Lesson	<i>Post Fitness 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	Upload Assignment	Post Fitness Assessment	35	
6.1	Upload Assignment	Post Skills Assessment	35	
6.1	Upload Assignment	Weekly Fitness Log 14	*Optional	