Physical Education combines the best of online instruction with actual student participation in weekly cardiovascular, aerobic, and muscle toning activities. The course promotes a keen understanding of the value of physical fitness and aims to motivate students to participate in physical activities throughout their lives.

Specific areas of study include: Cardiovascular exercise and care, safe exercising, building muscle strength and endurance, injury prevention, fitness skills and FITT benchmarks, goal setting, nutrition and diet (vitamins and minerals, food labels, evaluation product claims), and stress management. The course requires routine participation in adult-supervised physical activities. Successful completion of this course will require parent/legal guardian sign-off on student-selected physical activities and on weekly participation reports to verify the student is meeting his or her requirements and responsibilities.

Physical Education is built to state standards and informed by the Presidential Council on Physical Fitness and Sports standards.

No required or optional materials.

This updated course was originally created for Apex Courses and is now available in Courseware.

Length: One Semester

Unit 1: P.E. Designed for Me

Unit 2: Is My Body Good to Go?

Unit 3: Great for the Heart

Unit 4: Fit as a Fiddle

Unit 5: Fitness Adventure

Unit 6: Semester Wrap-Up

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