

Course number:

Grade level: 9-12

Prerequisite courses: None

Credits: 1.0

Course Description

This course will focus on the connection between physical fitness and a healthy lifestyle, emphasizing injury prevention during physical activity. Students will assess their current fitness levels and set personal goals to improve overall health. They will learn the importance of maintaining cardiovascular and respiratory health to prevent illness. The course highlights the benefits of team sports for enhancing physical, mental, and social well-being, while also exploring individual sports that promote both health and skill development. Students will consider how personal factors like attitude, personality, and resources influence their exercise choices.

Course Objectives

Students will meet the following goals in this course.

- Describe the structures and proper care of the of the skeletal, muscular, and nervous systems
- Explain how individual and team sports benefit the dimensions of health
- Describe how people react to stress physically, emotionally, and behaviorally
- Analyze strategies that can help maintain a fitness program over the long term
- Discuss the educational requirements for different careers in the fitness and wellness industry

Student Expectations

This course requires the same level of commitment from students as a traditional classroom course. Students are expected to spend approximately 5–7 hours per week online on:

- interactive lessons, which include a mixture of instructional videos and tasks.
- system-graded assignments to extend and apply learning.
- assessments, including quizzes, tests, and cumulative exams.
- short writing assignments that encourage student thought, analysis, and reflection.
- unit projects that dive deeper into unit themes and that promote student choice, inquiry and research, collaboration, presentation, and reflection.



Your teacher may also require you to track your fitness activities, using the online Fitness Log. You can access this log by clicking the heart monitor icon on the Course Map page.

Communication

Teachers will communicate with students regularly through discussions, emails, chats, and system announcements. Students will also communicate with classmates, either via online tools or face-to-face, to collaborate, ask and answer questions in peer groups, and develop speaking and listening skills.

Grading Policy

Students will be graded on work completed online and work submitted electronically to the teacher. The weighting for each category of graded activity is listed below.

Grading Category	Weight
Assignments	10%
Projects	20%
Lesson quizzes	20%
Unit tests	30%
Cumulative exams	20%

Scope and Sequence

When students log in to Edgenuity, they can view the entire course map—an interactive scope and sequence of all topics under study. The units of study are listed below.

Course Units
Unit 1: Exercise and Lifestyle
Unit 2: Fitness and Your Body
Unit 3: Sports and Skills for Success
Unit 4: Your Fitness, Your Health