

### Comprehensive PE

**Carone Learning Category:** Lifestyle

**Subject:** Physical Education

**Recommended Grade Level:** 9-12

**Course Credit:** One semester, 0.5 credits (5 units in CA)

**Recommended Pre-Requisites:** None

#### Course Description

In this course students will explore concepts involving personal fitness, team sports, dual sports, and individual and lifetime sports. Students will focus on health-related fitness as they set goals and develop a program to improve their fitness level through cardio, strength, and flexibility training. In addition, they will learn about biomechanics and movement concepts, as they enhance their level of skill-related fitness. Students will learn about game play concepts and specifically investigate the rules, guidelines, and skills pertaining to soccer, softball, volleyball, tennis, walking and running, dance, and yoga. Throughout this course students will also participate in a weekly fitness program involving elements of cardio, strength, and flexibility training.

#### Units & Tasks

This course is divided into the following Units and Sections.

- **Course Introduction**
- **Unit 1: Getting Started**
  - 1.1 Fitness Assessment & Analysis
  - 1.2 Starting an Exercise Program
  - 1.3 Safety & Technique
- **Unit 2: Health-Related Fitness**
  - 2.1 Cardiovascular Fitness
  - 2.2 Nutrition
  - 2.3 Muscular Fitness & Flexibility
- **Unit 3: Skill-Related Fitness**
  - 3.1 Principles of Movement
  - 3.2 Game Play
- **Unit 4: Team Sports**
  - 4.1 Soccer
  - 4.2 Baseball/ Softball
  - 4.3 Volleyball
- **Unit 5: Dual & Individual Sports**
  - 5.1 Tennis
  - 5.2 Walking, Hiking, & Running
  - 5.3 Dance, Yoga, & Pilates
- **Unit 6: Post Assessment**
  - 6.1 Post Assessment

Within each section students will find the following tasks to view or complete:

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1. Game Plan—an outline of tasks for that section
2. Lesson—multimedia online lesson(s) about the section topic
3. Sprint—links to other online sites with additional fitness information
4. Team Huddle\*—class discussion on an assigned topic
5. Assignment/Sport Report\*—section assignment or evaluation of a sport
6. Quiz\*—assessment of lesson comprehension
7. Fitness Log\*—a record of students' workout sessions for each week

The items noted with an asterisk above are those that must be submitted for a grade.

### Pacing

There are 16 sections in this course. Each section is designed to be completed in about one week's time. However, students may take more or less time as needed. A recommended pacing guide is provided within the course.

### Exercise Requirements

12 weeks of exercise at 3 hours per week is required for this course. An accelerated course version is available that requires 8 weeks of exercise at 4 hours per week. All fitness logs require at least ONE form of verification, which can be provided by a supervising adult, a MOVband device, or a Polar heart rate monitor.

Students will also have some skills sections throughout this course in which students will focus on learning specific sport-based skills. Many of these skills will require recording one's self via digital video. If there is an issue with this, please contact the instructor to discuss alternative options.

### Exercise Library

This course includes complimentary access to Carone Learning's Exercise Library, with pictures, videos, and descriptions of almost 300 exercises. The library is searchable by exercise type, muscle group, or equipment (including resistance bands, weights, exercise balls, or no equipment at all).

### Parent & Teacher Guides

Parent and teacher guides available.

### Additional Materials

There are no required textbooks or materials for this course. Access to exercise equipment is recommended, but not required. The following equipment is available through Carone Learning,

- Polar Heart Rate Monitor
- MOVband
- Resistance Band

**Sports Equipment:** Because students will be performing sports skills, there is various sports equipment that would be helpful for each student to have access to—namely a soccer ball, baseball or softball, baseball glove, baseball bat, volleyball, tennis racquet,

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and tennis ball. However, substitutions can be made. For example, any playground ball can be used for soccer, basketball, and volleyball skills. A whiffle ball and plastic bat or other object can be used for baseball/softball.

### **Technical Requirements**

An internet connection and computer or tablet hardware is required. Software requirements include a PDF reader, word-processing application (such as Word), MP4/video player, and Flash player (optional). Free downloadable software is available for each of these.

### Recommended Materials

A PDF reader and a word-processing program are required for this course. It is also recommended that students have either a Flash player or MP4 player. Below students will find links to download free or trial versions of these programs.

- Flash Player, <http://get.adobe.com/flashplayer/>
- Adobe Reader, <http://get.adobe.com/reader/>
- QuickTime MP4 Player, <http://www.apple.com/quicktime/download/>
- Word Processing Programs:
  - Microsoft Word, <http://office.microsoft.com/en-us/try/>
  - Open Office, <http://www.openoffice.org/download/>