

Physical Education 8 – Middle School

COURSE DESCRIPTION: In this online course students will be exposed to various physical activities and fitness concepts that will contribute to their overall physical activity level. The students will learn a multitude of skills that will accompany them throughout their life span. They include things like target heart rate, the basics of fitness testing, goal setting, safety, balance, motion, aerobic/anaerobic exercise routines, strength training, stress management, yoga, Pilates, various dances, cycling, and other individual games and activities. Other subject areas like science, math, social studies, foreign languages, and English are intergraded into the course content. Students understanding of the course content will be assessed in a variety of ways that include quizzes, tests, discussion boards, and other projects. After completing the course the students will have mastered the course content.

COURSE OBJECTIVES:

- Differentiate between resting, target, and maximum heart rate.
- Explain the goals setting process.
- List and discuss the FITT formula.
- Have an understanding of what goes into creating a personalized fitness program.
- Identify what role biomechanics play in physical activity.
- Participate in both static and dynamic balances.
- Identify principle of force.
- Describe the benefits of cardiovascular fitness.
- Define stress and ways to manage it.
- Integrate breathing exercises into a physical activity routine.
- Participate in lifelong physical activities.
- Identify various bike safety rules and regulations.
- Apply principles of force in various games and activities.
- Design and implement a personalized physical fitness program.

PREREQUISITES: None

COURSE LENGTH: One Semester

REQUIRED TEXT: No required textbook for this course.

MATERIALS LIST: No required materials for this course.

COURSE OUTLINE:

Unit 1: Target Heart Rate

Unit 2: Fitness Testing

Unit 3: Goal Setting

Unit 4: Principles of Exercise

Unit 5: Safety

Unit 6: Biomechanics

Unit 7: Static and Dynamic Balance

Unit 8: Linear and Rotary Motion

Unit 9: Cardiovascular Fitness

Unit 10: Muscular Strength

Unit 11: Stress Management

Unit 12: Yoga and Pilates

Unit 13: Breathing Exercises

Unit 14: Line Dancing

Unit 15: Cycling

Unit 16: Tennis

Unit 17: Wall Ball

Unit 18: Lawn Games and Cup Stacking