



Switched-On
SCHOOLHOUSE

Course Catalog

Physical Education

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COURSE OVERVIEW

Physical Education is a semester-long elective designed for high school students. The course focuses on performance of individual and team sports, with explanations of proper technique, rules of the game, and preparation. Team sports introduced include soccer, basketball, football, baseball, and volleyball. An introduction to fitness, strength, endurance, and nutrition is also included.

Students will have the opportunity to perform each sport on their own time, while keeping a log of activity. The goal is incorporation of activity into their daily lives and the gain of lifelong healthy fitness habits.

Throughout the course, students may be asked to answer questions or to reflect on what they've read in their notes. The notes are not graded. Rather, they are a way for students to extend their thinking about the lesson content. Students may keep handwritten or typed notes.

Assignments in this course place a strong emphasis on student inquiry, research and writing, and much assessment is based on teacher-graded writing projects. Links to outside Web sites play a major role in course activities. Please note that we are not responsible for these websites since their content and availability are not within our control.

This course has 1 semester-length unit containing 28 instructional lessons and 18 projects. Most lessons in this course are designed to take 1-2 days to complete, while most projects take 2-3 days.

Upon completion of Physical Education, students should possess the knowledge and skills needed to do the following:

- Define physical fitness and describe the components of being physically fit
- Evaluate their fitness level
- Apply physical fitness, nutrition-related, and weight-management skills to their lives
- Understand and apply safe exercise rules
- Describe the history and rules of sports such as basketball, baseball, football, soccer, volleyball, and gymnastics
- Describe and apply skills needed for a variety of sports

UNIT 1: PHYSICAL EDUCATION

Assignment Titles

PHYSICAL EDUCATION

- | | | | |
|-----|-------------------------------------|-----|---|
| 1. | Course Overview | 26. | Project: Modern Baseball |
| 2. | Defining Physical Fitness | 27. | Baseball History |
| 3. | Principles of Training | 28. | Project: Baseball History |
| 4. | Project: Principles of Training | 29. | Volleyball |
| 5. | Risk Factors and Behaviors | 30. | Project: Volleyball |
| 6. | Project: Risk Factors and Behaviors | 31. | Title IX and Gender Issues in Sports |
| 7. | Balance and Flexibility | 32. | Project: Title IX and Gender Issues in Sports |
| 8. | How the Heart Works | 33. | Olympics |
| 9. | Project: How the Heart Works | 34. | Project: Olympics |
| 10. | Muscular Strength and Endurance | 35. | Controversy in the Olympic Games |
| 11. | Evaluating Your Fitness Level | 36. | Project: Controversy in the Olympic Games |
| 12. | Nutrition | 37. | Golf |
| 13. | Project: Nutrition | 38. | Project: Golf |
| 14. | Weight Management | 39. | Tennis |
| 15. | Responsible Choices | 40. | Swimming |
| 16. | Project: Responsible Choices | 41. | Project: Swimming |
| 17. | Handling Your Stress | 42. | Gymnastics |
| 18. | Exercise Safety | 43. | Running |
| 19. | Soccer | 44. | Project: Running |
| 20. | Project: Soccer | 45. | Racewalking |
| 21. | Basketball Overview | 46. | Careers in Sports |
| 22. | Project: Basketball Overview | 47. | Project: Careers in Sports |
| 23. | Understanding Football | 48. | Test |
| 24. | Project: Understanding Football | 49. | Glossary and Credits |
| 25. | Modern Baseball | | |