

Credit Recovery PE 2

Carone Learning Category: Foundations

Subject: Physical Education, Credit Recovery

Recommended Grade Level: 9-12

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

Recommended Pre-Requisites: None

Course Description

Credit Recovery PE is ideal for students who have had prior exposure to physical education, yet were unable to receive credit for their previous work by demonstrating mastery of the material. The course contains all the essential content with reduced coursework. Students learn about the FITT principles, the components of physical fitness, and the benefits of physical activity, as well as the techniques, principles, and guidelines of exercise to keep them safe and healthy. Students participate in weekly physical activity throughout the course.

Sections & Tasks

This course is divided into 6 sections.

- **Section 1: Getting Started**
- **Section 2: Goal Setting**
- **Section 3: Holistic Health**
- **Section 4: Cardio Training**
- **Section 5: Strength & Flexibility Training**
- **Section 6: Diet & Exercise**

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

1. **Game Plan**—an outline of tasks for that section
2. **Lesson**—multimedia online lessons 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***—section assignment
6. **Quiz***—a quiz covering information from the lessons
7. **Fitness Log***—a record of your sessions for each week

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

Pacing

There are 6 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

Credit Recovery PE II

6 weeks of exercise at 4 hours per week is required for this course. 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.

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

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.