COURSE SYLLABUS

HPE G200
Girl’s Physical Education

I. COURSE DESCRIPTION
Girl’s Physical Education provides an opportunity to practice various exercises that can be used in developing a lifestyle of health and wellness. This course will include total body fitness activities which involve strength, flexibility, coordination, balance, and endurance development. Physical fitness development will enhance a productive lifestyle.

II. RATIONALE
Physical Education development enhances overall health and wellness. Learning exercises and activities which provide for total body fitness for a lifetime produces citizens that are an asset to the culture. A person who embraces a lifestyle of wellness is more productive in the society in which they live and they will experience the many positive benefits of healthy living.

III. PREREQUISITES
None

IV. MATERIALS LIST
Webcam, modest clothing suitable for physical activity.

V. MEASURABLE LEARNING OUTCOMES
The student will be able to:
A. Identify current fitness levels and set goals to improve them.
B. Engage in physical fitness exercises and activities as part of the total requirement of 75 hours per semester for the class, which they will log on a weekly basis.
C. Demonstrate various stretch routines and identify benefits of increased flexibility.
D. Identify the energy systems and exercises that pertain to each.
E. Explore the many strength exercises that can be performed using just the weight of the body.
F. Identify the various body systems.
G. Engage in group activities and/or team sports and demonstrate sportsmanship and cooperation within this setting.
H. Demonstrate plyometric exercises.
I. Examine core exercise and explore methods of implementing core exercises into a
total fitness plan.

J. Develop personal workout plan which includes various fitness components covered throughout the course

K. Demonstrate scramble circuits.

VI. COURSE REQUIREMENTS AND ASSIGNMENTS

A. Weekly exercise log (75 total hours per semester)
B. 17 video uploads demonstrating proficiency in various exercises.
C. 1- fitness pretest and 1- fitness posttest
D. 5 individual lesson quizzes
E. 3 individual workout plans
F. 1 Written semester exam – 1st semester
G. 1 Final workout plan

VII. COURSE GRADING AND POLICIES

A. Grading Weights
   - Daily work – including video uploads 25%
   - Quizzes, weekly logs 35%
   - Tests and final workout plan 40%

B. Scale
   
   A 90 – 100
   B 80 – 89
   C 70 – 79
   D 60 – 69
   F Below 60

VIII. Other Policies

A. Academic Misconduct
   See pages 32-35 of your Student Handbook

B. Repeating Assignments
   Students may repeat lesson twice. Quizzes and tests cannot be repeated to gain a higher grade. Quizzes and tests may be reset for technical issues, but a new set of questions will be generated.