HPE B201
BOY’S PHYSICAL EDUCATION (ONE SEMESTER)

I. COURSE DESCRIPTION
Physical Fitness (HPE B201) is a one semester course designed to allow the student to gain a basic understanding of physical fitness activities that will enhance the lifestyle of health and wellness. An important goal is to realize that, as a believer in Christ, the body is the temple of the Holy Spirit, and we are responsible for maintaining it as a faithful steward. To accomplish this, the student will engage in various anaerobic and aerobic exercises and log 75 hours of exercise and activities which will help to develop total body strength and fitness.

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 who are an asset to the culture. A person who embraces a lifestyle of wellness is more productive in the society in which he lives, and he will experience the many positive benefits of healthy living.

III. PREREQUISITES
None

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

V. MEASURABLE LEARNING OUTCOMES
The student will be able to do the following:
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 he will log on a weekly basis.
C. Demonstrate various stretch routines and identify benefits of increased flexibility.
D. Explore and demonstrate basic movement such as running, galloping and skipping.
E. Demonstrate basic movements such as various types of hopping and skipping.
F. Explore the many strength exercise that can be performed using just the weight of the body.
G. Engage in group activities and/or team sports and demonstrate sportsmanship and
cooperation within this setting.

H. Examine core exercise and explore methods of implementing core exercises into a total fitness plan.
I. Develop a personal workout plan which includes various fitness components covered throughout the course.

VI. COURSE REQUIREMENTS AND ASSIGNMENTS
A. Weekly exercise log (75 total hours)
B. 10 video uploads demonstrating proficiency in various exercises
C. 5 individual lesson quizzes
D. 2 individual workout plans
E. 1 Written semester exam

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.