Course Description

Health & PE I is designed for 9th grade students but can be taken by a high school student on any level. It will guide the students to establish a biblical worldview regarding the body and overall health. During the Health weeks, students will investigate topics on physical, mental-emotional, social, and spiritual health including nutrition, community, online safety, and developing a biblical worldview about the body. During PE weeks, students are given instructional content, including video instructions, regarding aerobic and anaerobic exercises that will strengthen the body. Students will perform these activities and provide video submissions to their instructor for grading—male students with male teachers and female students with female teachers. The students will additionally complete weekly activity logs recording regular physical activity to ensure that they stay active. Following this course, a student should have a deeper understanding of health and physical fitness from a variety of disciplines.

Rationale

Physical and health education enhance the overall wellness of a student. Learning exercises and activities which provide for total body fitness over a lifetime produces individuals who are better equipped to freely contribute to the lives of those around them. A person who embraces a lifestyle of wellness is more productive in the society in which he lives and will experience the many positive benefits of healthy living. The study of health allows for practical application to become whole as one lives abundant and healthy life. Further, this course incorporates spiritual truths so that the student will gain insight on how best to heal, maintain, and grow in the non-physical areas of one’s health. Learning how to better care for one’s own health will equip the student to be better prepared to likewise contribute to the health of others.

Prerequisite

None

Biblical Integration Outcomes

A. Students will explain the value of having a positive self-image and self-esteem.
B. Students will describe the different aspects of spiritual health (prayer, fasting, Bible reading).
Measurable Learning Outcomes

A. The student will identify and describe key health and safety concepts.
B. The student will identify healthy decisions.
C. The student will describe and demonstrate behaviors that promote health and prevent injury and disease.
D. The student will demonstrate progress toward the mature form of selected locomotor, non-locomotor, and manipulative skills to understand the various ways the body can move.
E. The student will identify basic structures of the body and basic spatial awareness concepts.
F. The student will identify basic fitness concepts.
G. The student will use appropriate behaviors and safe practices in physical activity settings.
H. The student will identify basic concepts of energy balance.

Course Materials

See LUOA’s Systems Requirements for computer specifications necessary to operate LUOA curriculum. Also view Digital Literacy Requirements for LUOA’s expectation of users’ digital literacy.

- Note: Embedded YouTube videos may be utilized to supplement LUOA curriculum. YouTube videos are the property of the respective content creator, licensed to YouTube for distribution and user access. As a non-profit educational institution, LUOA is able to use YouTube video content under the YouTube Terms of Service. For additional information on copyright, please contact the Jerry Falwell Library.

Course Grading Policies

The student’s grades will be determined according to the following grading scale and assignment weights. The final letter grade for the course is determined by a 10-point scale. Assignments are weighted according to a tier system, which can be referenced on the Grades Page in Canvas. Each tier is weighted according to the table below. Items that do not affect the student’s grade are found in Tier 0.

<table>
<thead>
<tr>
<th>Grading Scale</th>
<th>Assignment Weights</th>
</tr>
</thead>
<tbody>
<tr>
<td>A 90-100%</td>
<td>Tier 0 0%</td>
</tr>
<tr>
<td>B 80-89%</td>
<td>Tier 1 25%</td>
</tr>
<tr>
<td>C 70-79%</td>
<td>Tier 2 35%</td>
</tr>
<tr>
<td>D 60-69%</td>
<td>Tier 3 40%</td>
</tr>
<tr>
<td>F 0-59%</td>
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</tbody>
</table>

Course Policies

Students are accountable for all information in the Student Handbook. Below are a few policies that have been highlighted from the Student Handbook.
Types of Assessments
To simplify and clearly identify which policies apply to which assessment, each assessment has been categorized into one of four categories: Lesson, Assignment, Quiz, or Test. Each applicable item on the course Modules page has been designated with an identifier chosen from among these categories. Thus, a Quiz on the American Revolution may be designated by the title, “1.2.W Quiz: The American Revolution.” These identifiers were placed on the Modules page to help students understand which Honor Code and Resubmission policies apply to that assessment (see the Honor Code and Resubmission policies on the pages that follow for further details).

- **Lesson:** *Any item on the Modules page designated as a “Lesson”*
  These include instructional content and sometimes an assessment of that content. Typically, a Lesson will be the day-to-day work that a student completes.

- **Assignment:** *Any item on the Modules page designated as an “Assignment”*
  Typical examples of Assignments include, but are not limited to, papers, book reports, projects, labs, and speeches. Assignments are usually something that the student should do his or her best work on the first time.

- **Quiz:** *Any item on the Modules page designated as a “Quiz”*
  This usually takes the form of a traditional assessment where the student will answer questions to demonstrate knowledge of the subject. Quizzes cover a smaller amount of material than Tests.

- **Test:** *Any item on the Modules page designated as a “Test”*
  This usually takes the form of a traditional assessment where the student will answer questions to demonstrate knowledge of the subject. Tests cover a larger amount of material than Quizzes.

Resubmission Policy
Students are expected to submit their best work on the first submission for every Lesson, Assignment, Quiz, and Test. However, resubmissions may be permitted in the following circumstances:

- **Lesson:** Students are automatically permitted two attempts on a Lesson. The student may freely resubmit for their first two attempts without the need for teacher approval.

- **Assignment:** Students are intended to do their best work the first time on all Assignments. However, any resubmissions must be completed before the student moves more than one module ahead of that Assignment. For example, a student may resubmit an Assignment from Module 3 while in Module 4 but not an Assignment from Modules 1 or 2. High School students may not resubmit an Assignment without expressed written permission from the teacher in a comment.

- **Quiz:** Students may NOT resubmit for an increased grade.

- **Test:** Students may NOT resubmit for an increased grade.

If a student feels that he or she deserves a resubmission on a Lesson, Assignment, Quiz, or Test due to a technical issue such as a computer malfunction, the student should message his
or her teacher to make the request, and that request will need to be approved by a Department Chair.

Consequences for Violations to the Honor Code
Every time a student violates the Honor Code, the teacher will submit an Honor Code Incident Report. The Student Support Coordinator will review the incident and allocate the appropriate consequences. Consequences, which are determined by the number of student offenses, are outlined below:

- **Warning**: This ONLY applies to high school Lessons and elementary/middle school Assignments and Lessons. Students should view these actions as learning opportunities.
  - Lessons: A zero will be assigned for the question only.
  - Elementary/Middle School Assignment: The student must redo his or her work; however, the student may retain his or her original grade.

- **1st Offense**:
  - Lesson, Quiz, or Test: The student will receive a 0% on the entire assessment.
  - Assignment: The student will either:
    - Receive a 0% on the original assignment
    - Complete the Plagiarism Workshop
    - Retry the assignment for a maximum grade of 80%

- **2nd Offense**: The student will receive a 0% and be placed on academic probation.

- **3rd Offense**: The student will receive a 0% and the Faculty Chair will determine the consequences that should follow, possibly including withdrawal from the course or expulsion from the academy.
## Scope and Sequence
### Health & PE I

**Module 1: Introduction & Spiritual Health**
- Week 1: Spiritual Health, Part I
- Week 2: Spiritual Health, Part II

**Module 2: Nutrition**
- Week 3: Introduction to Nutrition
- Week 4: Vitamins & Minerals
- Week 5: Nutrition Planning

**Module 3: Health & Wellness**
- Week 6: Body Systems & Endocrine System
- Week 7: Health & Wellness
- Week 8: Personal & Social Health

**Module 4: Diseases**
- Week 9: Diseases, Part I
- Week 10: Diseases, Part II

**Module 5: First Aid**
- Week 11: First Aid
- Week 12: CPR & AED

**Module 6: Emotional Health**
- Week 13: BMI & Eating Disorders
- Week 14: Emotional Health
- Week 15: Risks & Risky Behavior

**Module 7: Online Safety**
- Week 16: Social Media & Online Safety, Part I
- Week 17: Social Media & Online Safety, Part II
- Week 18: Semester Exam

**Module 8: Introduction & Stretches**
- Week 19: Introduction
- Week 20: Dynamic Stretches
- Week 21: Static Stretches
- Week 22: Flexibility Exercises

**Module 9: Jumping**
- Week 23: Running, Skipping & Galloping
- Week 24: Hopping & Jumping
- Week 25: Calisthenics

**Module 10: Core Strength**
- Week 26: Core Strength Exercises
- Week 27: Core Circuit Exercises

**Module 11: Body Weight Exercises**
- Week 28: Body Weight Strength Exercises
- Week 29: Body Weight Circuit Exercises

**Module 12: Personal Fitness**
- Week 30: Balance Exercises
- Week 31: Sprint Drills

**Module 13: Running & Group Activity**
- Week 32: Running Mechanics & Distance Running
- Week 33: Group Activity

**Module 14: Plyometrics**
- Week 34: Plyometrics, Part I
- Week 35: Plyometrics, Part II
- Week 36: Final Exam