



Physical Education 1 Syllabus

Course Details

Course Code: 344100CW

Subject: Health and Physical Education

Required Prerequisites: Students must be in 9th-12th grade to take this course.

Suggested Prerequisites: Talk to a doctor before starting this class if you have any condition that may affect your ability to participate in regular physical activity at an increased heart rate for an extended period.

Recommended Grade Levels: See course prerequisites

Duration: Semester

Course Availability: A listing of when this course is offered in the current school year can be found on the [VirtualSC Current Course Offerings page \(opens in a new window\)](#).

Class Times: This course has scheduled instructional meetings. Information on scheduled meetings for each course is communicated by the teacher. Recordings of these meetings will be available for students unable to attend. Students should expect to spend 7-9 hours a week working on this course independently, in addition to any live meetings, and are expected to meet the deadlines posted in the course pacing guide.

Textbook: No Textbook is required for this course.

Required Course Materials: In addition to materials provided in the course, students must have access to a camera that will allow them to record video evidence of physical activities.

Special Course Requirements: Students in Physical Education are required to complete a variety of physical activities throughout the course. These activities cannot be waived. Students with concerns about their ability to complete the physical requirements of the course should address these concerns with their instructor.

Outside Websites: A list of links to websites and online textbooks used in this course can be found here: [VSC Course Links Document Folder \(opens in a new window\)](#). Students will need to be able to access all of these links to access all course materials.

Final Exam: Students in this course take a VirtualSC final exam. Details on scheduling and taking final exams can be found on the [Final Exam Page \(opens in a new window\)](#) of the VirtualSC webpage.

Course Description

Physical Education 1 provides opportunities for students to become competent and proficient in two movement forms elected from a variety of personal choices to meet the student's individual needs. Students will also be required to design and develop a personalized physical fitness plan, participate regularly in health-enhancing physical activity beyond the physical education class, and work towards meeting the gender and age group health-related physical fitness standards. The students will submit the FITNESSGRAM Test to provide evidence that standards are being met/addressed. The students will upload cognitive and physical competency in two movement forms through video to the instructor. The student is responsible for having a fitness sponsor to administer the physical fitness test in compliance with Student Health and Fitness Act of 2005 and verify results. The fitness sponsor must be one of the following: a teacher, coach, or a parent/guardian/trusted adult.

This course satisfies the Physical Education graduation requirement for SC but does NOT serve as health instruction to satisfy the Comprehensive Health Education Act. Students needing health education should consider taking Personal Health.

The curriculum used in this course is guided by the [South Carolina Academic Standards for Physical Education \(opens in a new window\)](#).

Scope and Sequence

- Orientation & Introduction
- Unit 01: Physical Fitness
- Unit 02: Components of Fitness
- Unit 03: Fitnessgram
- Unit 04: Benefits of Exercise
- Unit 05: Goal Setting
- Unit 06: Designing Your Own Fitness Program
- Unit 07: Principles of Training/Flexibility
- Unit 08: Cardiorespiratory/Muscular Endurance
- Unit 09: Nutrition/Body Composition
- Unit 10: Movement Forms/Activity Log Submission
- Unit 11: Personal Fitness Plan
- Unit 12: Final Exam

Students will be sent a full list of assignments and their due dates at the beginning of the course.

Current pacing guides for this course can be found on the [Current Course Offerings page](#) (opens in a new window) on the VirtualSC website.

Course Grades

The final grade in this course results from the following:

- Coursework: 80%
- Personal Fitness Plan: 10%
- Final Exam: 10%

VirtualSC Details

Information on VirtualSC student guidelines, policies and technology requirements can be found in the [VirtualSC Student Support Portal \(opens in a new window\)](#).