

# PLATO Course Physical Education

## Course Overview

Your body is a machine that has certain needs—if you treat it well, it should be able to serve you well. But what can you do to promote a fit and healthy body? A course in physical education can show you. By definition, physical education is instruction in exercise and physical activity. It teaches you how to maintain your personal fitness, how to measure different aspects of physical fitness, and how to avoid injury while exercising. It's all about getting active and setting your body in motion. By measuring health and fitness with objective data, it's possible to improve your health in a methodical way. Exercise helps you feel good about yourself and helps you sidestep the health problems that often accompany poor levels of fitness.

## Course Goals

By the end of this course, you will be able to do the following:

- Understand and prevent injuries associated with regular exercise.
- Analyze different types of physical activity in terms of their contribution to fitness.
- Describe the importance of muscular fitness to overall health and wellness.
- Explain what flexibility is and different methods to measure and improve it.
- Identify and describe the basic principles of biomechanics.
- Evaluate influences that can affect physical activity and lifelong exercise preferences.
- Design a personal fitness program using the FITT principle.
- Explain the impact of cultural and media perceptions on physical activity.

## General Skills

To participate in this course, you should be able to do the following:

- Complete basic operations with word processing software, such as Microsoft Word or Google Docs.
- Perform online research using various search engines and library databases.
- Communicate through email and participate in discussion boards.

*For a complete list of general skills that are required for participation in online courses, refer to the Prerequisites section of the Plato Student Orientation document, found at*

*the beginning of this course.*

## Credit Value

Physical Education is a 0.5-credit course.

## Course Materials

- Notebook
- Computer with Internet connection and speakers or headphones
- Microsoft Word or equivalent
- You should wear appropriate athletic clothing, athletic shoes, and safety gear when participating in the Lesson Activities for this course. For some activities, you will also need access to the equipment listed in this table. (NA = Not Applicable)

Unit	Lesson	Required Equipment/Resources
1	Introduction to Physical Education	NA
	Safety and Injury Prevention	<ul style="list-style-type: none"> <li>• 3 cones or ground markers</li> <li>• a soccer ball or similar-sized object</li> <li>• jump rope</li> </ul>
	Introduction to Sports	<ul style="list-style-type: none"> <li>• jump rope</li> </ul>
	Basics of Physical Activity and Exercise	<ul style="list-style-type: none"> <li>• chin-up bar</li> </ul>
2	Cardiorespiratory Fitness and Endurance	<ul style="list-style-type: none"> <li>• jump rope</li> <li>• short step or platform</li> <li>• chin-up bar</li> <li>• basketball</li> <li>• soccer ball</li> </ul>
	Muscular Strength and Endurance	<ul style="list-style-type: none"> <li>• free weights, canned goods, or filled water bottles</li> <li>• short step or platform</li> <li>• weight bench or something similar</li> </ul>
	Flexibility	<ul style="list-style-type: none"> <li>• partner</li> <li>• ruler, yardstick, or tape measure</li> <li>• microwave-sized box</li> <li>• 2-foot stick</li> </ul>

Unit	Lesson	Required Equipment/Resources
	Biomechanics and Movement	<ul style="list-style-type: none"> <li>• free weights, canned goods, or filled water bottles</li> <li>• short step or platform</li> <li>• jump rope</li> <li>• basketball</li> <li>• basketball hoop</li> </ul>
3	Lifestyle Fitness	NA
	Designing a Personal Fitness Program	<ul style="list-style-type: none"> <li>• free weights, canned goods, or filled water bottles</li> <li>• short step or platform</li> <li>• weight bench or something similar</li> <li>• chin-up bar</li> </ul>
	Effects of Media and Culture	NA
	Evolution of Sports	NA

## Course Pacing Guide

This course description and pacing guide is intended to help you keep on schedule with your work. Note that your course instructor may modify the schedule to meet the specific needs of your class.

### Unit 1: Getting Active

#### Summary

In this unit, you will study the benefits of leading an active lifestyle and learn how to prevent common injuries that can occur during regular exercise. You'll also see how sports can have a positive impact on your mental and physical health.

Day	Activity/Objective	Type
1 day: 1	<b>Syllabus and Plato Student Orientation</b> <i>Review the Plato Student Orientation and Course Syllabus at the beginning of this course.</i>	Course Orientation
6 days: 2-7	<b>Introduction to Physical Education</b> <i>Identify the benefits of physical fitness and leading an active lifestyle.</i>	Lesson

Day	Activity/Objective	Type
6 days: 8–13	<b>Safety and Injury Prevention</b> <i>Examine the types of injuries associated with regular exercise and how to prevent them.</i>	Lesson
6 days: 14–19	<b>Introduction to Sports</b> <i>List the rules of basic game play and name the health benefits derived from participation in sports.</i>	Lesson
6 days: 20–25	<b>Basics of Physical Activity and Exercise</b> <i>Analyze types of physical activity in terms of their contribution to fitness, health, and wellness.</i>	Lesson
6 days: 26-31	<b>Unit Activity and Discussion—Unit 1</b>	Unit Activity Discussion
1 day: 32	<b>Posttest—Unit 1</b>	Assessment

## Unit 2: Improving Performance

### Summary

In this unit, you will learn about three key components for improving levels of physical fitness: cardiorespiratory fitness and endurance, muscular strength and endurance, and flexibility. You'll also study biomechanics—the laws related to the movement of living organisms.

Day	Activity/Objective	Type
6 days: 33–38	<b>Cardiorespiratory Fitness and Endurance</b> <i>State the importance of cardiorespiratory fitness and cardiorespiratory endurance to overall health and wellness.</i>	Lesson
6 days: 39–44	<b>Muscular Strength and Endurance</b> <i>State the importance of muscular fitness and muscular endurance to overall health and wellness.</i>	Lesson
6 days: 45–50	<b>Flexibility</b> <i>Explain flexibility and summarize different methods to measure and improve it.</i>	Lesson
6 days: 51–56	<b>Biomechanics and Movement</b> <i>Identify and describe the basic principles of biomechanics.</i>	Lesson

Day	Activity/Objective	Type
6 days: 57–62	<b>Unit Activity and Discussion—Unit 2</b>	Unit Activity Discussion
1 day: 63	<b>Posttest—Unit 2</b>	Assessment

## Unit 3: Lifestyle

### Summary

In this unit, you will design a personal fitness program that fits your lifestyle, and you'll understand the importance of making healthy lifestyle choices, now and in the future. You'll also evaluate the effects that media and culture can have on your level of physical fitness. Finally, you'll take a close look at how sports have changed over the years with regard to technology and globalization.

Day	Activity/Objective	Type
6 days: 64–69	<b>Lifestyle Fitness</b> <i>Evaluate influences that can affect physical activity and lifelong exercise preferences.</i>	Lesson
6 days: 70–75	<b>Designing a Personal Fitness Program</b> <i>Design a personal fitness program using the FITT principle.</i>	Lesson
4 days: 76–79	<b>Effects of Media and Culture</b> <i>Identify the impact of cultural and media perceptions on physical activity and identify career opportunities in sports, fitness, and health care.</i>	Lesson
4 days: 80–83	<b>Evolution of Sports</b> <i>Describe the development of sports and summarize the impact of globalization and technology on the sports industry.</i>	Lesson
4 days: 84–87	<b>Unit Activity and Discussion—Unit 3</b>	Unit Activity Discussion
1 day: 88	<b>Posttest—Unit 3</b>	Assessment
1 day: 89	<b>Semester Review</b>	
1 day: 90	<b>End-of-Semester Test</b>	Assessment

**Course Map**

You will achieve course level objectives by completing each lesson's instruction, assignments, and assessments. For a detailed look at how the materials meet these objectives, review the [course map](#).