

## ***Frequently Asked Questions About This Summer's Online Health/Physical Education***

### Why should I consider enrolling in an online summer health/p.e. course?

1. To free up time in your schedule.
  - a. Students may want to enroll in several electives, but their schedules may be filled with required courses.
  - b. Nearly all students will be enrolled in courses in math, English, science, history, and health/p.e. One popular elective is a foreign language. That leaves only one period for another elective. Taking health/p.e. in the summer frees up a period for another elective.
2. To avoid settings that are difficult for some students
  - a. For some students, there is an awkwardness that comes with being in a locker room or with participating in physical activities.
  - b. Some students would prefer the option of developing and working through a personal fitness plan.

### Are there drawbacks to consider before enrolling in an online summer health/p.e. course?

1. Time in the summer
  - a. Completing course requirements will require a significant chunk of time.
  - b. The physical education portion will require 60 hours of documented commitment to the personal fitness plan.
  - c. Depending on personal learning styles, the health portion will require about another 60-70 hours to complete the various online requirements.
2. Interaction with classmates
  - a. There are 3 credits required of every student for graduation in which there are not advanced and regular sections offered: two full credits of health and physical education, and one credit of Economics and Personal Finance.
    - i. Enrollment in these courses is totally heterogeneous.
    - ii. Depending upon what other electives the student chooses to take, these may be the only courses in which a student gets to meet students she/he would not otherwise meet.
    - iii. There is value in interacting with and befriending students other than those in a closed group.
3. Loss of physical activity time during the school day
  - a. Without a semester of physical education in a student's schedule, the student will be enrolled in 7 academic classes each day. Some students need and enjoy the opportunity to expend energy during the school day.

## Describe the course.

FOUNDATIONS OF PERSONAL FITNESS & WELLNESS (5931YS) Grades 9-12,  
Summer Only, One Credit. Prerequisite: None

- This course fulfills one of the two standard units of credit in Health and Physical Education required to graduate.
- The course covers both health and physical education standards.
- Students will be assigned to a licensed Lynchburg City Schools' Health/Physical Education teacher who will monitor, assist, and evaluate.
- For the Physical Education component, students will create and engage in a personal fitness plan aimed at improving motor skills, movement patterns, strength, flexibility, and endurance.
- For the Health component, students will complete online units of study focusing on overall wellness – their physical, mental, and emotional health and development.
  - Units include nutrition and diet, and the functions and structures of various systems of the body, including the digestive, urinary, endocrine, and reproductive systems.
  - Units covering the following 9th grade Family Life Education SOLs are included.
    - family living and community relationships;
    - the benefits, challenges, responsibilities, and value of positive relationships for men, women, and children, and communities;
    - abstinence education; the value of postponing sexual activity;
    - human sexuality;
    - human reproduction;
    - dating violence;
    - the characteristics of abusive relationships;
    - steps to take to avoid sexual assault;
    - the availability of counseling and legal resources.
    - the consequences of risky behaviors and disease prevention. The course is broken into modules that contain the learning content and activities to be completed.

## Who May Enroll?

- Students who have not earned a credit for Health and Family Living and Physical Education 9 will be eligible to enroll.
  - Most eligible students will be rising 9<sup>th</sup> graders.
  - There will be some current high school students who have not yet completed these two semester courses. Those students could also choose to enroll.
- Students may not enroll in this course for make-up credit.
- Students may not enroll in this course for elective credit.

### How Will Students Enroll, And How Will Students Be Assigned to A Teacher?

- Students and parents may attend the May 7 orientation/registration session to be held at E. C. Glass.
- Students may register through an online registration process. Please visit [lcsedu.net](http://lcsedu.net) for instructions on how to enroll online.
- Early registration will allow students to begin work on the course on Monday, June 4. All summer course work will be completed by Friday, July 20, 2017.
- Students are expected to work at his/her own pace to ensure completion of all course requirements.
- The cost of the course is \$150.
  - There must be enough students enrolling in the course to cover the cost of hiring a teacher.
    - If fewer than 20 students register for the course, then a decision will be made whether to offer a section of the course.
- Each teacher will be assigned no more than 30 students.
- A decision has not been made as to whether the course will have a cap on enrollment.
  - A factor in that decision will be how many teachers are interested in teaching the course.
- When students register, they will also receive additional information about the course. At registration, the student will
  - complete a tutorial about the on-line component of the course,
  - receive a password which grants access to the on-line health units,
  - learn how to create a personal fitness plan.
  - Sign up to complete a pre-test as part of the personal fitness plan.
- After registration is completed for all students, a health/p.e. teacher will be assigned to each student.
  - The teacher will be the primary point of contact throughout the summer course.

### What Will the Student Be Expected To Do?

- Students will complete all assigned units in the health portion of the course.
  - The health portion is 50% of the course grade.
  - The school division's on-line course provider is Edgenuity.
  - The health course is aligned to the state's 9<sup>th</sup> grade health SOL.
  - Each unit includes new material as well as quizzes and unit tests.
  - The teacher will monitor the student's progress.
    - Teachers will be able to keep parents informed of their child's progress.
    - If a student is not satisfied with the grade on a quiz or unit test, the teacher can allow the student to re-take a test.

- If the student does not have home access to Edgenuity, then the student will go to the remedial high school site and work on the online portion during the summer school day.
- For the physical education portion of the course, students will develop a personal fitness plan.
  - Successful completion of the personal fitness plan counts as 50% of the student's course grade.
  - Students will share their plan with the assigned teacher in order for their personal fitness plans to be approved.
  - The personal fitness plan should total a minimum of 65 hours of planned activity.
    - Students can include warm-up and cool-down time.
  - Unless otherwise approved, students should include at least two types of physical activity in their plans.
    - For example, a plan could include several types of cardiovascular work or two unrelated activities.
  - While the time is a total time accumulated over the summer, the plan should show an even spacing of the hours through the duration of the plan.
    - Examples of Personal Fitness Plan Goals
      - “This summer I will complete 10 hours of Pilates every week for 6 weeks by going to \_\_\_\_ Pilates Studio and participating in Pilates classes, and I will run 3 days per week for at 30 minutes each time for 6 weeks, using a Pedometer for documentation.”
      - “This summer, I will complete 11 hours of a combination of weight training and aerobic activity every week for 6 weeks at the Y. I will document the time by having a supervisor at the Y sign my Log Sheet.”
      - “This summer I will participate in Dixie Youth Baseball. Between practice and games, I will be engaged in my sport for at least 65 hours.”
      - This summer I will complete 2 hours of dance lessons at \_\_\_\_ Dance Studio for 4 weeks (40 hours) and complete 5 hours of aerobic exercise every week for 5 weeks (25 hours) at \_\_\_\_ Fitness Center. I will document the time by having an instructor at both centers sign my Log Sheet.”
  - The goal of the plan needs to be a suitable match to the student's current condition.
    - A student who struggles to walk 1 mile will have a different personal plan than a student who runs cross-country.

- Students will complete the Fitnessgram assessment as both a pre-test and post-test. Students will schedule a time to come to E. C. Glass to complete both the pre-test and post-test.
  - Pre-Test Dates:
    - June 4, 2018 AM Session (10:00am -12:00pm)
    - June 4, 2018 PM Session (1:00pm – 3:00pm)
    - June 6, 2018 AM Session (10:00am – 12:00pm)
    - June 6, 2018 PM Session (1:00pm – 3:00pm)
  - Post Test Dates:
    - July 19, 2018 AM Session (10:00am-12:00pm)
    - July 19, 2018 PM Session (1:00pm-3:00pm)
    - July 20, 2018 AM Session (10:00am-12:00pm)
    - July 20, 2018 PM Session (1:00pm-3:00pm)
    - July 24, 2018 AM Session (10:00am-12:00pm)
    - July 24, 2018 PM Session (1:00pm-3:00pm)
    - July 25, 2018 AM Session (10:00am-12:00pm)
    - July 25, 2018 PM Session (1:00pm-3:00pm)
- Students will be responsible for documenting their daily work on their plan.
  - Students will discuss their documentation plans with their teacher and determine a way to validate time spent on the plan.
  - The form of documentation should be approved by the teacher based on the teacher's satisfaction that the documentation is reliable and valid.
- Students will be responsible for any expenses related to the completion of their plans.
  - There are fitness centers with affordable summer rates for students. Students and their families will be responsible for expenses like equipment, travel, dues, fees, etc.
- Students may count time at sports camps in their fitness plans.
  - For example, if a student attended a volleyball camp for a week, the hours of actual activity at the camp could be a part of her plan.
- Rising 9<sup>th</sup> grade students will also complete a CPR training required by the state in order to graduate.
  - The training will be scheduled with the teacher and will take place at some pre-determined time at E. C. Glass.
  - CPR training takes a couple of hours to complete.
  - The purpose of the training is to familiarize each student with how to administer CPR.
  - The student will not be Red Cross-certified in CPR but will learn how to administer CPR in an emergency.

### What Will The Teacher Be Expected To Do?

- For the health portion of the course, each teacher will have the ability to monitor student progress in the health units. Teachers will be able to check on student progress and then communicate to their students and parents the status of their progress. When the student has completed the online health units, the teacher will assign a grade for the health portion of the course.
- For the fitness component of the course, at the beginning of the course, the teacher will meet with each student about the personal fitness plan.
  - The plan must be approved by the teacher.
  - The teacher will monitor progress of the plan.
- Each teacher will then average the health grade and the p.e. grade and submit a single grade for the course.