

Introduction to Physical Education and Health



Science

Ready to get moving? Join this course to learn some basic workout techniques and get credit for Physical Education. Come to class with plenty of water at your side and dressed for exercise.

Special Notes: Due to the popularity of this course, it is offered twice in the summer semester. Sign up for the day and time that works best for your family and homeschool.

The early morning time of this course is so that students are working out before the summer heat and humidity set in, making strenuous exercise more difficult.

Class Dates and Starting Times:

Section 1

Lectures: Mon, Tue, Wed, Thu @ 8:30 AM Eastern (7:30 AM Central; 6:30 AM Mountain; 5:30 AM Pacific)

Significant Lecture Dates: Mon. 6/6/2022: First lecture; Thu. 6/16/2022: Last lecture

OR

Section 2

Lectures: Mon, Tue, Wed, Thu @ 10:00 AM Eastern (9:00 AM Central; 8:00 AM Mountain; 7:00 AM Pacific)

Significant Lecture Dates: Mon. 8/1/2022: First lecture; Thu. 8/11/2022: Last lecture

Course Description: This is a two-week course covering health-related aspects of physical fitness including flexibility, cardiorespiratory endurance, muscular strength, muscular endurance, and body composition. We will work on developing better mobility and stability through physical exercises. While learning about the musculoskeletal system and how proper nutrition and exercise benefit that system.

Prerequisites: In good health, since these exercises will become rigorous. Please see the release form below.

"I, _____, have enrolled in the intro to Physical Fitness and Health curriculum/course offered through Homeschool Connections. I recognize that the program may involve strenuous physical activity including, but not limited to, muscle strength and endurance training, cardiovascular conditioning and training, and other various fitness activities. I hereby affirm that I am in good physical condition and do not suffer from any known disability or condition which would prevent or limit my participation in this exercise program. I acknowledge that my enrollment and subsequent participation is purely voluntary and in no way mandated by Homeschool Connections."

"In consideration of my participation in this program, I, _____, hereby release instructor Kevin Kiernan, Homeschool Connections and its agents from any claims, demands, and causes of action as a result of my voluntary participation and enrollment." "I fully understand that I may injure myself as a result of my enrollment and subsequent participation in this program and I, _____, hereby release instructor Kevin Kiernan, Homeschool Connections and its agents from any liability now or in the future for conditions that I may obtain. These conditions may include, but are not limited to, heart attacks, muscle strains, muscle pulls, muscle tears, broken bones, shin splints, heat prostration, injuries to knees, injuries to the back, injuries to feet, or any other illness or soreness that I may incur, including death."

I HEREBY AFFIRM THAT I HAVE READ AND FULLY UNDERSTAND THE ABOVE STATEMENTS.

Course Outline:

Day 1: Warmup, squats, leg raises, lunges, stretch exercises / How to warm up / Benefits of Physical Activity, Sleep, and Hydration / Quiz

Day 2: Warmup, pushups, superman, crunches, stretch exercises / Nutrition and a balanced exercise program / Quiz

Day 3: Warmup, shoulder circles, towel curl, narrow pushups, oblique, cool down exercises / How to Increase Aerobic Fitness/risks & benefits of sunglasses / protecting your skin / Quiz

Day 4: Warmup, superman, squats, leg raises, lunges, stretch exercises / Your Muscular Fitness / essential vitamins and minerals / Quiz

Day 5: Warmup, squats, leg raises, lunges, superman, stretch exercises / Your Flexibility / identifying activated muscles / fat-soluble vs water-soluble vitamins / Estrogen vs Testosterone / Quiz

Day 6: Warmup, crunches, pushups, shoulder circles, stretch exercises / Sharpening Your Functional Fitness/benefits of abdominal strength/benefits of water / What is CrossFit? / Quiz

Day 7: Warmup, towel curl, narrow pushups, oblique, stretch exercises / Supplements: What to take and when / effective triceps exercises/sodium fluoride vs calcium fluoride / Quiz

Day 8: Warmup, squats, leg raises, lunges, superman, stretch exercises/ Meeting the Presidential Youth Fitness Program, how to do leg raises, sleep for recovery, different types of squats, /Quiz and Final Exam

Course Materials: Dumbbells or resistance bands are needed for some exercises. All academic information will be provided free by the instructor.

Homework: The live class will be actual physical exercises for increased mobility and strength. We will start with a warmup, stretching, then muscle development exercises. Students will have daily assigned readings and a daily quiz with a final exam. (The quizzes and exam are auto-graded by the computer.)

Registration Link: <https://homeschoolconnections.gosignmeup.com/public/Course/browse?courseid=3635>



Instructor:
Kevin Kiernan

Suggested Grade Level: 8th to 12th grade

Suggested Credit: ½ semester Health Science or Physical Education

Lecture Days: See section details at left

Lecture Time: See section details at left

Duration: 45 minutes

Total Lectures: 8 Weekly

Significant Lecture Dates:

- See section details at left

Course Fee:

- \$97 if registered on or before 3/15/2022
- \$117 if registered on or after 3/16/2022
- Registration Closes 5/29/2022

Registration closes one week before the first day of class or when all seats filled. After that date, registrations are not guaranteed. There is a \$20 surcharge for late enrollments after the registration closes.