

DJUSD - Independent Lifetime Sports (ILS)

Course Description

This course is designed to meet the requirements of a High School Physical Education class and allow DHS athletes the privilege and opportunity to earn graduation credit for PE while participating in their high school sport. This course has an independent learning environment and takes complete student self-responsibility to be successful.

Prerequisites: Students must play on a DHS sports team for the entire season and have passed 5 out of 6 fitness tests in 9th grade physical education class to take this course.

Grade

Students will receive a letter grade for this course based on:

1. **Written assignments** (35%)

Written assignments should include complete sentences with proper grammar and spelling. If asked to research a topic, students should include the source of their information with their assignment. Assignments not meeting the requirements will only be given partial or no credit. Written assignments are due weekly online.

2. **Class meetings** (35%)

There will be two class meetings per month. Students must attend and participate in the meetings. Teachers will collect activity logs, give students progress updates and provide any needed instruction for upcoming written assignments

3. **Activity logs** (30%)

One activity log will have two weeks of athletic team participation verification. Activity logs are due at the beginning of each meeting and must include activity hours, self-evaluation, and all required signatures for credit

Student Expectations

- Complete all assignments thoroughly.
- Email instructor directly with any questions or concerns.
- Check email regularly
- Attend and participate in class meetings, two per month (6 total)
- Complete activity logs and turn in at class meetings (6 total)
- Create written assignments and turn in weekly (online, 12 total)
- Enjoy being active

Injuries and Ineligibility:

- Students who become injured must notify their teacher ASAP via email or in person and still complete activity logs with injury information included.
- Students who are unable to participate in physical activity for more than two weeks will be dropped from ILS
- Students who are ineligible to continue to participate in their sport, based on grades, will be dropped from ILS.

ILS Sample Writing Assignments

Written Assignment Week 1

Introduction

Introduce yourself in one paragraph and explain what DHS sport you will be participating in this semester.

Written Assignment Week 2

Five components of health related physical fitness

Research and define the five components of health related physical fitness (Muscular strength and muscular endurance, cardiovascular endurance, body composition, and flexibility)

Explain how each relates specifically to your sport.

Written Assignment Week 3

FITT Principle

List what FITT stands for and describe the FITT principle as it applies to fitness. What is recommended for each category (letter)? How would one trying to gain fitness use the FITT principle when creating a fitness plan?

Written Assignment Week 4

Complete Fitness Testing

Mile (time, four laps on a track)

Sit and reach (can you touch your toes)

Push-up (how many in one minute?)

Curl up (how many in one minute?)

Locate and record the Fitnessgram test healthy fitness zones for your age and gender.

Are you within the healthy fitness zone for push-ups?

Are you within the healthy fitness zone for curl (sit) ups?

Are you in the healthy fitness zone for the mile?

Are you flexible enough to touch your toes (leg straight!)?

Is your BMI healthy for body composition (BMI-not very accurate but easy)?

***If you are not in the healthy fitness zone for any of these tests, why do you think that is and how can you improve?**

Written Assignment Week 5

One fitness goal for fitness test (mile, push ups, curl up, flexibility)

Each goal must be specific, measurable, attainable, relevant, and time sensitive.

Example: I will increase my muscular strength and endurance by completing 25 push-ups by December 5th. I will do this by committing to doing push-ups every other morning.

-answers the questions: what, when and how?

-Goals can also be for maintenance of a fitness component.

Example: I will maintain my healthy body composition by watching what I eat, avoiding soda, and exercising at least 30 minutes a day the entire semester.

Written Assignment week 6

Injury care

What does the acronym RICE stand for in relation to injury care?

What are the two most common injuries in your sport?

Research and find four ways to prevent these injuries.

Written Assignment Week 7

Warm up

Research: what is a proper warm up is, and why it is important (list source)

Describe what you do for your warm up before a typical practice.

Does it meet the requirements of a proper warm up based on your research?

How could it be improved?

Written Assignment Week 8

Cool down

Research: What is a proper cool down after exercise and why it is important (list source)

Describe what you do for your cool down after a typical practice.

Does it meet the requirements of a proper cool down based on your research?

How could it be improved?

Written Assignment Week 9

Heart

1. Define Heart Rate

2. How do you check your heart rate?

3. What is the average RESTING heart rate?

4. About how long should it take you heart to recover and return to resting heart rate after exercise?

Written Assignment Week 10

Heart

How do you calculate your maximum heart rate?

What is your maximum heart rate?

How do you calculate your target heart rate?

What is your target heart rate?

Written Assignment Week 11

Independent PE check in

Write one paragraph about how you did in the first quarter of independent PE. If you did really well, how will you maintain this? If you did poorly, how will you do better this quarter? Also include what activity you will be participating in for the second quarter.

Please include 2 current goals related to your activity.

Written Assignment Week 12

Lifetime fitness

Write two paragraphs

Paragraph 1: what you do to stay fit now (include exercise and diet)

Paragraph 2: How will this change 10 years from now and what will you do then to stay fit?

Written Assignment Week 13

Staying active in bad weather

1. How has the weather affected your sport/activity?

2. How can you train for your sport in bad weather (cold, rainy and windy)?

3. Has the limited day light affected your ability to train? Why or why not?

4. Will your winter break from school be used for rest or will you continue to exercise at the same rate?

Please explain!

Written Assignment Week 14

Sleeping habits

- For 3 days in a row write down how many hours you slept.
- For each record (2-3 sentences) how you felt (energy, mood, etc.)
- How many hours of sleep should someone your age get per night?

Second Semester Written Assignments

Written Assignment Week 1

Semester 2 sport/activity participation

One paragraph: Please explain what sport you will be participating in for the entire semester (February to June). If you will be changing sports let me know when and if your sport ends before the semester what will you be doing for independent PE during that time? Explain what it is that you like about the activity you are participating in.

Written Assignment Week 2

Body Mass Index

Research how to Find your Body Mass Index (BMI). Then weigh yourself and find your height. Calculate your BMI. Write one paragraph about what that means to you. Why could this test be considered inaccurate? How would one change their BMI score in a healthy way? Please provide your sources.

Written Assignment Week 3

Nutrition Log

For 3 days in a row track your nutrition (write down everything you ate for the entire day). Research online and estimate the total calories in everything you consumed. Add up all of the calories for each day (you should have three totals, one for each day). Also for each day write down how you felt and any exercise you did.

Written Assignment Week 4

Research how many calories you should consume on a daily basis. Please consider your age, activity level, and gender. Then answer the following questions.

According to your research, how many calories should you be consuming daily?

Are you consuming more or less calories than recommended?

What percent of those calories should be carbs, protein, and fat?

What could you change about your diet to help your activity performance and overall health?

Written Assignment Week 5

Research: what affects your blood pressure?

- list and describe at least four factors and describe why and how

*include sources

Written Assignment Week 6

Sport/activity participation for children, elderly, and ability impaired

1. What activity are you currently participating in?

2. How could a child participate in this activity (where, how, when, any modifications needed)?

3. How could an elderly person participate in this activity (where, how, when, any modifications needed)?

4. How could a person with a physical disability (limited vision, or movement for example) participate in this activity (where, how, when, and are any modifications needed)?

*for questions 2, 3, and 4 please include at least 2 to 3 sentences and consider all necessary modifications.

Written Assignment Week 7

Stress Level

- Rate your level of stress low 1 2 3 4 5 high and explain why.
- How do you cope with stress? (3 sentence min.)
- Describe your energy level throughout the day.
morning:
afternoon:
evening:
- Does your physical activity help to relieve your stress?

Written Assignment Week 8

Mental benefits of exercise

Research: Write one paragraph (at least 6 sentences) about the mental benefits of regular physical activity. Please include your source.

Written Assignment Week 9

Research and define each fitness principle *include sources

1. Overload
2. Progression
3. Specificity

How do you use each of these in your current activity to gain fitness?

Written Assignment Week 10

Anaerobic vs. Aerobic Exercise

Research: What is the difference between anaerobic and aerobic exercise? (2-3 sentences minimum)
Does your current sport/activity use more anaerobic or aerobic exercise or both? Please explain (3-4 sentences minimum)

Written Assignment Week 11

Test yourself and record your scores

Mile Run time:

Sit ups (in one minute):

Push ups (in one minute):

Flexibility (can you touch your toes):

BMI (calculate using height and weight):

Do you feel like you are physically fit? If yes, how will you maintain this fitness level and if no, what can you do to improve this?

Written Assignment Week 12

Create/revise fitness goals for each area of health related fitness and one other health goal.

Body composition:

Cardiovascular endurance:

Flexibility:

Muscular Endurance:

Muscular Strength:

Other Health (stress, sleep, or nutrition):

Written Assignment Week 13

Summer Fitness One Paragraph (6 sentences min.)

Write about what you are going to do to stay fit and healthy over the summer. Think about your schedule, eating habits, and routines. Will you still be participating in your sport?