



Online Courses for High School Students
1-888-972-6237

Course Name Sport Folio
Subject Health / Physical Education
Prerequisites None
Estimated
Completion Time 1 Semester/ 18 Weeks

Course Description The Sport Folio course requires students to participate in weekly online discussions and web activities. The student will be required to research different health or physical related topics and prepare a report on each topic which will be submitted and graded.

Course Objectives **Outcomes of the Personal Fitness Course:**

- Give students the knowledge and desire to establish personal health and fitness programs.
- Educate and motivate students to want to stay physically active and make healthy lifestyle choices far beyond their high school years.
- Help students realize that regular physical activity will increase their energy level and productivity.
- Help students to realize that personal fitness is just that -personal-and that their bodies will not be compared to others in any way.
- Help students understand the value of participating in physical activity to promote psychological well-being.
- Help students realize that disease prevention, rather than treatment, can drastically cut health-care costs.

Grading Policy Grades will be based upon the quality of the student submissions, participation in discussions, and the ability to maintain consistent communication with the instructor. The grading scale that is used for this course is as follows:

A 90-100
B 80-89
C 70-79

D 60-69
F 59 or below

All forms of academic dishonesty are prohibited. This includes, but is not limited to, plagiarism, cheating, furnishing false information, forgery, alteration or misuse of documents or software, and misconduct during a testing situation. Any student cheating on an exam will receive a zero on the exam and may be withdrawn from the class at the instructor's discretion.

Communication /
Participation
Requirements

Only through continuous communication can students be successful in an online course. Within each course the instructor outlines the weekly minimum work requirements. It is essential that the student and instructor maintain regular contact. Failure to complete assignments on a consistent basis will result in students being removed from the course.