

# Middle School Physical Education (PE-031-300-001)

## Syllabus

### Course Description

This course introduces the basic skills, ideas, and activities that will help you stay fit and healthy for life. You will set personal fitness goals and make a plan to improve your heart health, flexibility, strength, and endurance. By tracking your progress, you will learn how healthy choices and goals influence your overall health and wellbeing and prepare you to stay active throughout life.

### Prerequisites

There are no prerequisites for this course.

### Course Materials and Technology

All information is included in this course. Students do not need to buy additional textbooks.

Students must buy these materials and technology to complete the course:

- A webcam for the proctored final exam

[Links to an external site.](#)

### Course Outcomes

As students complete the course assignments, they will increase their knowledge, improve a 21st-century skill, and develop an attribute.

### Knowledge: Middle School Physical Education

In this course, *knowledge* refers to the subject matter and content students will learn while completing the readings, practices, quizzes, and assignments.

On successful completion of this course, students will be able to do the following:

1. Demonstrate fundamental and advanced motor skills through a variety of physical activities.
2. Apply principles of fitness, training, and conditioning to improve personal health.
3. Develop and implement strategies for engaging in safe and effective physical activity.
4. Monitor and analyze personal fitness data to set and achieve goals.
5. Participate in diverse physical activities that promote lifelong fitness and well-being.



Skills

## **21st-Century Skill: Creativity—Openness and Courage to Explore**

As students complete this course's assignments, they will gain skills in *Openness and Courage to Explore*. This skill is part of Creativity.



Attributes

## **Attribute: Optimism**

This course focuses on developing the attribute of *optimism* in the context of health.

## **Grading and Assignments**

The letter grade in this course will be based on these assignments and exams.

## Assignments and Exams

Assignment or Exam	Grading	Percent of Total Grade
Study Guides	Computer-Graded	15%
Assignments	Teacher-Graded	25%
Application Projects	Teacher-Graded	25%
Module Quizzes	Computer-Graded	5%
Midcourse Quiz	Computer-Graded	10%
Final Exam*	Computer-Graded	20%

\*Students must pass the final exam with a 60% or higher to earn credit for the course. They may retake the final exam once for a fee.

### Due Dates

The due dates in the course are only suggestions to help the students pace themselves. You do *not* need to complete assignments, quizzes, and exams by the due date set in the course.

### Study Guides

Study guides are provided for each module. They will help students focus on the important concepts needed to be successful in this course and in life. Study guides will be due in each module and points will be awarded upon submission.

### Module Quizzes

Quizzes are administered at the end of each module. Each quiz is open-book/note and untimed. They consist entirely of multiple-choice questions and come directly from the lesson material and the videos.

## Midcourse Quiz

This computer-graded quiz will cover the material up to the midcourse quiz. The questions on the midcourse quiz will be similar in format to the questions on the final exam.

## Final Exam

Students must pass the final exam to earn credit for the course; they may retake it once, for a fee, upon request.

## Resubmissions and Retakes

Unless otherwise stated, students may resubmit assignments, quizzes, and the final exam (instructor-graded or computer-graded) once for a fee. Please see [Resubmissions and Retakes Links to an external site.](#) in the BYU Independent Study course policies for more information.

If students would like an additional attempt, they may request a resubmission for a fee through the link provided on the assignment page. Files that are resubmitted in any other way, including attaching files to the comments portion of the assignment, will not be considered for grading.

## Course Grade

The letter grade will be calculated according to these percentages.

Percent to Letter Grade Calculation	
<b>A</b>	100%–93%
<b>A–</b>	<93%–90%
<b>B+</b>	<90%–87%
<b>B</b>	<87%–83%
<b>B–</b>	<83%–80%
<b>C+</b>	<80%–77%
<b>C</b>	<77%–73%
<b>C–</b>	<73%–70%

<b>D+</b>	<70%–67%
<b>D</b>	<67%–63%
<b>D–</b>	<63%–60%
<b>F (fail)</b>	<60%–0%