PHYSICAL EDUCATION

CREDIT HOURS: 0.5  COURSE LENGTH: 1 Semester

COURSE DESCRIPTION
The course focuses on performance of individual and team sports, with explanations of proper technique, rules of the game, and preparation. Students learn the elements of each sport and perform each sport on their own time while keeping a log of their activity, thus incorporating activity into their lives and gaining lifelong healthy fitness habits.

TOPIC OUTLINE
1. Defining Physical Fitness
2. Principles of Training
3. Risk Factors and Behaviors
4. Balance and Flexibility
5. How the Heart Works
6. Muscular Strength and Endurance
7. Evaluating Your Fitness Level
8. Nutrition
9. Weight Management
10. Responsible Choices
11. Handling Your Stress
12. Exercise Safety
13. Soccer
14. Basketball Overview
15. Understanding Football
16. Modern Baseball
17. Baseball History
18. Volleyball
19. Women in Pro Sports
20. Olympics
21. Controversy in the Olympic Games
22. Golf
23. Tennis
24. Swimming
25. Gymnastics
26. Running
ELECTIVE COURSE OUTLINE

27. Race Walking
28. Tai Chi
29. Careers in Sports

University of Miami Global Academy reserves the right to revise the course outline as needed throughout the duration of the course