

## General Course Information

<b>Course Name: Independent Study PE</b>	
Department: PE/Health	Grade Level(s): 10-12
Duration/Credits: 1 sem/.5	Prerequisites: successful completion of .5 credit of PE and application process
BOE Approval Date:	Course Code: H8075
<b>Course Description:</b>	
This course is designed for the fitness enthusiast who desires to further expand their knowledge beyond the currently offered curriculum. Students can expect to develop individualized Physical Education goals and execute the necessary plans to achieve them.	
<b>Course Rationale:</b>	
Physical fitness is a lifelong goal, essential for personal health and wellness. Independent Study PE offers students the opportunity to establish and meet personal fitness goals.	
<b>Course Objectives:</b>	
The student will read about, research, and identify the key aspects of a healthy lifestyle. (A+ Research, A+ Reading) The student will participate regularly in vigorous physical activity to maintain and improve their current fitness level. The student will develop a written fitness plan, set goals, and maintain a personal fitness portfolio. (A+ Writing) The student will present their progress towards established goals, personal data to support their progress, and his or her plan towards maintaining fitness gains. (A+ Speaking and Listening)	
<b>Standards Alignment:</b>	
National PE Standards - <a href="https://dese.mo.gov/sites/default/files/Graduation_Handbook.pdf">Shape America</a> <a href="https://dese.mo.gov/sites/default/files/Graduation_Handbook.pdf">https://dese.mo.gov/sites/default/files/Graduation_Handbook.pdf</a>	