

HPE COURSES ONLINE VS. IN-PERSON

Before deciding whether to take a Health/Physical Education (HPE) course in-person or online, make sure you consider...

ONLINE	IN-PERSON
Online HPE provides you with added flexibility in your schedule, and teaches the life-long responsibilities associated with taking an online course through project based and physical learning.	In-person HPE provides you with the opportunity to demonstrate skill acquisition live and in a group setting.
ASYNCHRONOUS WORK	IN-PERSON WORK
Asynchronous work lets you complete lessons when it fits your schedule, with clear instructions to stay on track.	Skills are demonstrated in class preventing requirements for outside work.
DEADLINES	DEADLINES
Deadlines remain important, even in a flexible course. Clear assignment structure and teacher guidance will help you manage your time effectively.	Showcasing your skills in person ensures that you do not need to complete work outside of class.
INDIVIDUAL EXPERIENCE	SOCIAL EXPERIENCE
The online HPE experience does offer collaboration; however, it will not have robust peer interaction.	Experiencing HPE in person offers the opportunity to connect in-person with your peers and grow together.