

Syllabus



Contents

[Tips for Success](#)

[Course Learning Outcomes](#)

[Course Materials](#)

[Assignments](#)

[Exams](#)

[Grading](#)

[Course Policies](#)

Tips for Success

If you're new to online courses, or if you just need a quick refresher, be sure to take a look at the Student and Parent Handbook.

Course Learning Outcomes

The course learning outcomes are aligned with the SHAPE America national health and physical education standards. All content, assessments, and test questions have been formulated according to these standards.

Health Standards

- Comprehend concepts related to health promotion and disease prevention to enhance health.
- Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
- Access valid information and products and services to enhance health.
- Use interpersonal communication skills to enhance health and avoid or reduce health risks.
- Use decision-making skills to enhance health.
- Use goal-setting skills to enhance health.
- Practice health-enhancing behaviors and avoid or reduce health risks.
- Advocate for personal, family, and community health.

Physical Education Standards

- Competency in a variety of motor skills and movement patterns.
- Knowledge of concepts, principles, strategies and tactics related to movement and performance.
- Knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.
- Exhibit responsible personal and social behavior that respects self and others.
- Recognize the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

Course Materials

Access to free weights and other exercise equipment is recommended but not required.

Assignments

You will complete these assignments during the course.

Unit Quizzes

Unit Essays

Everyday Wellness Assignment

In the Everyday Wellness Assignment there are required tracking of activity for 45 days.

Exams

You will complete one final exam for this course.

The final exam is comprehensive and consists of about 70 multiple-choice questions.

Grading

Your grade in this course will be based on these assignments and exams:

ASSIGNMENT OR EXAM	GRADING	PERCENT OF TOTAL GRADE
7 Unit Quizzes	Computer	14%
7 Unit Essays	Instructor	21%
1 Everyday Wellness Assignment	Instructor	40%
1 Final Exam	Computer	25%

Resubmissions and Retakes

For information about resubmitting assignments and retaking quizzes, please contact your AK Grad instructor.

Grade Scale

Your letter grade is calculated according to these percentages.

A	100% – 93%
A-	92% – 90%
B+	89% – 87%
B	86% – 83%
B-	82% – 80%
C+	79% – 77%
C	76% – 73%
C-	72% – 70%
D+	69% – 67%
D	66% – 63%
D-	62% – 60%
E (fail)	59% – 0%