

Performance Based Physical Education
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Course Overview


Performance Based Physical Education (PBPE) is part of the Exercise Science Core (X-Sci) along with Advanced Biology, English, and Contemporary Athletic Issues. In PBPE class, students analyze biomechanics related to both team sport and individual exercise. Students focus on their individual fitness level including ongoing assessment and creation of a personal fitness plan. Technologies used include using both video and software to dynamically examine athletic skills and practice. Students will practice peer coaching and participate in various group activities. Students will be empowered to meet challenges, and develop positive behaviors in fitness, athletics, and movement activity for a lifetime.

Course Objectives

- Students will have a strong, working vocabulary of physical fitness.
- Students will participate in challenging physical fitness activities and understand the concepts of hard work, physical limits, and the difference between being injured, hurt, and sore.
- Students will develop a basic understanding of the biomechanics of training.
- Students will be able to analyze and evaluate movement feedback and make appropriate adjustments.
- Students will develop interpersonal skills working in teams and as peer coaches.
- Students will be able to access various technologies to analyze and assess movement patterns.

Logistics

Thursday	Assignments for the week will be posted on THURSDAY
Thursday and Friday	Synchronous video conferencing sessions will take place at the scheduled class time.
Wednesday	Assignments for the week will be due by 11:59 pm on WEDNESDAY
By Appointment	Virtual office hours by appointment Please contact your instructor to schedule an appointment.




 Course Communication	
Class Announcements	Google classroom and Remind
Email/Personal Messages	<p>acortese@wusd.org</p> <p>Remind: use the following links to join YOUR rotation:</p> <p>Altius: https://www.remind.com/join/xscial</p> <p>Citius: https://www.remind.com/join/xscici</p> <p>Fortius: https://www.remind.com/join/xscifo</p> <p>When writing a message, please follow the expectations below:</p> <ul style="list-style-type: none"> • Include your name, the class rotation, subject of the message (e.g., Heather Smith-Citius-Daily workout) • Be specific about your questions or what you need with regard to daily workouts . <p><u>Note:</u> It may take up to 48 hours to receive a reply, so do not wait until the last minute to send a message if you need help.</p>
Online Discussions	<p>Online discussions and activities are an opportunity for you to interact with and learn from your peers. The class will regularly engage in conversations about the course content. You will receive credit for your participation in these discussions/activities.</p> <p>You are expected to post thoughtful, respectful, and well-written responses to the discussion questions and reply thoughtfully to other replies.</p>

 Participation Policy

PBPE is an active participation class. Students are expected to complete workouts and activities, attend zoom sessions focused and attentive, and be an active participant in group activities.

 Apps

The following apps will be used during PBPE

- HUDL Technique app 
- Polar Beat app 
- Map My Run app (or similar distance / pace tracking app) 

***additional apps may be used throughout the year*

Grading

Grades are **earned** through the following areas:

- **Movement skills and knowledge** including: tests, written assignments, and performance assessments
- **Fitness** including daily exercise activity, conditioning and improvement
- **Social Responsibility** including: academic engagement, sportsmanship, teamwork, peer interaction, attitude, and effort
- **Projects** both individual and group
- **Semester Final exam**

Grades will be posted in [Aeries gradebook](#)

Student Code of Conduct

Students are expected to:

Attend and participate in online meetings
Complete all assignments on time
Communicate respectfully

The following are expectations for online meetings (zoom)

- ★ Be respectful
- ★ Be ontime
- ★ Mute yourself
- ★ Turn your camera on; students will be informed when it is okay to turn off their camera
- ★ Be appropriately dressed
- ★ Sign in with your first and last name
- ★ Chat responsibly
- ★ Find a quiet place free from distractions
- ★ Please use the raise your hand feature