



**VIRGINIA BEACH CITY PUBLIC SCHOOLS**  
CHARTING THE COURSE

*Department of Teaching & Learning*  
*Parent/Student Course Information*

**ONLINE HEALTH AND PHYSICAL EDUCATION LEVEL I**  
**(PEO 730)**  
**One credit, one year**  
**Grade 9**

*Counselors are available to assist parents and students with course selections and career planning. Parents may arrange to meet with the counselor by calling the school's guidance department.*

**COURSE DESCRIPTION**

Online Health and Physical Education Level I is designed to allow students to make reasonable choices regarding a broad range of physical activities while they take control of their own health and well-being. Students will exit the course with an understanding of general wellness and how exercise, nutrition, stress, mental health risk behaviors and the environment can impact wellness. Students will gain a better understanding of their own community and its resources as related to improving health and wellness. Emphasis is placed on maintaining a physically active lifestyle.

Students will participate in a variety of self-directed physical activities, as well as develop a program for lifetime fitness. Students will be evaluated in Physical Education components based upon the time spent performing an activity and the percentage of time within the calculated target heart rate zone. Activities should include lifetime activities, such as walking, running, weight training, yoga, Pilates, dance, golf, bowling, swimming and tennis. Activities can also include team sport activities such as basketball, soccer, or softball. Students' heart rates during an activity will be monitored by use of an assigned heart rate monitor. Heart rate monitors will be checked and will be downloaded by teachers during regularly scheduled face-to-face meetings. A face-to-face fitness test will be administered each semester to determine a student's health wellness zone. Components are the pace; curl-ups; trunk lift; push-ups; back saver sit and reach skills. The date and time for the face-to-face fitness testing will be determined by the online instructor. The WELNET student/parent report will be accessible to parents/guardians via the web-based program WELNET located at [www.focusedfitness.org](http://www.focusedfitness.org). The report will be available in the fall after the completion of the initial pre-testing period and again in the spring, after the year-end post-testing period. Parents should be reminded to check the website for the student/parent report. Paper copies will be sent to parents who do not have internet access. Health Topics include: Personal Fitness-Fitness/Healthy Habits, Effect of Exercise on the Cardiovascular and Muscular Systems and Overall Health; Nutrition and Emotional Physical Health, Nutrition and Disease Prevention, and Using Food as Fuel; Health Risk Behaviors, Risk Behaviors, Substance Abuse, Personal Standards and Parameters, Managing Personals and Family Health: Conflict Resolution, Stress and Coping Strategies and Community Health and Wellness: First Aid, CPR and Manikin Instruction.

This version of the course is delivered entirely online using the Virtual Virginia Beach e-Learning platform. Specialized computer skills and platform familiarity are developed during the prerequisite Online Orientation. Information about Online Learning, the necessary computer equipment and other aspects of this opportunity are found on the *VBSchools.com* web page, at the Distance Learning link on the Programs drop-down menu.

**PREREQUISITE**

None

**OPTIONS FOR NEXT COURSE**

Enrollment for Health and Physical Education Level II is based on the successful completion of Health and Physical Education Level I.

Dr. Aaron C. Spence, Superintendent  
Virginia Beach City Public Schools  
2512 George Mason Drive, Virginia Beach, VA 23456-0038

Produced by the Department of Media and Communications for the Department of Teaching and Learning.  
For further information please call (757) 263-1070.

#### Notice of Non-Discrimination Policy

Virginia Beach City Public Schools does not discriminate on the basis of race, color, religion, national origin, sex, sexual orientation/gender identity, pregnancy, childbirth or related medical condition, disability, marital status, age, genetic information or veteran status in its programs and activities and provides equal access to the Boy Scouts and other designated youth groups. School Board policies and regulations (including, but not limited to, Policies 2-33, 4-4, 4-6, 4-43, 5-7, 5-19, 5-20, 5-44, 6-7, 7-48, 7-49, 7-57 and Regulations 4-4.1, 4-4.2, 4-6.1, 4-43.1, 5-44.1, 7-11.1, 7-17.1 and 7-57.1) provide equal access to courses, programs, counseling services, physical education and athletic, vocational education, instructional materials and extracurricular activities.

To seek resolution of grievances resulting from alleged discrimination or to report violations of these policies, please contact the Title VI/Title IX Coordinator/Director of Student Leadership at (757) 263-2020, 1413 Laskin Road, Virginia Beach, Virginia, 23451 (for student complaints) or the Section 504/ADA Coordinator/Chief Human Resources Officer at (757) 263-1133, 2512 George Mason Drive, Municipal Center, Building 6, Virginia Beach, Virginia, 23456 (for employees or other citizens). Concerns about the application of Section 504 of the Rehabilitation Act should be addressed to the Section 504 Coordinator/Director of Student Support Services at (757) 263-1980, 2512 George Mason Drive, Virginia Beach, Virginia, 23456 or the Section 504 Coordinator at the student's school. For students who are eligible or suspected of being eligible for special education or related services under IDEA, please contact the Office of Programs for Exceptional Children at (757) 263-2400, Laskin Road Annex, 1413 Laskin Road, Virginia Beach, Virginia, 23451.

Alternative formats of this publication which may include taped, Braille or large print materials are available upon request for individuals with disabilities. Call or write The Department of Teaching and Learning, Virginia Beach City Public Schools, 2512 George Mason Drive, P.O. Box 6038, Virginia Beach, VA 23456-0038. Telephone 263-1070 (voice); fax 263-1424; 263-1240 (TDD) or email her at [Brenda.Fuller@VBSchools.com](mailto:Brenda.Fuller@VBSchools.com)

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(Rev. 8/16)