



Quality virtual high school course enhancement opportunities for Olathe District students.

Online PE Course Description

Online PE Concepts is offered as an online course through eAcademy, with restricted enrollment. Students may take the full course during the school year Quarters 2, 3, and 4. Online PE is also offered through Summer eAcademy, but only ½ credit can be earned in the eight-week summer term so an additional term of enrollment (either the following summer or 4th quarter) or will be necessary to complete the .75 credit PE requirement. An additional .25 credit of health is required to complete the full 1.0 credit for graduation.

eAcademy courses are generally restricted to those who have *scheduling issues*, usually resulting from participation in focus programs such as 21st Century Academy programs, Distinguished Scholars, etc. eAcademy PE is not an *alternative* to PE. It is a physically demanding PE course requiring mostly independent workouts, with text-based assignments. eAcademy courses are not credit recovery courses.

Students will develop and maintain a healthy level of fitness by completing twenty-four exercise sessions with a minimum of 4 different activities of their choosing. They will assess their status and progress within a target heart rate zone through the use of a Polar A300 heart rate monitor and chest strap which are worn during all workouts. Data will be uploaded to the students Polar account on a regular basis. The student's Polar account is shared with the instructor for grading.



Generally, students will need to complete three to four workouts of 20-30 minutes duration per week during the school year course, and four to five per week during the summer session.

Students will also complete text-based written assignments to learn various concepts of health-related fitness and principles of training for planning and implementing a personal fitness plan. The eAcademy course is delivered to the through Moodle and graded assignments are a component of the course.



During the school year students will complete all workouts outside of the regular school day. (Note that organized sports teams usually prohibit wearing monitors during practice and games, so this not usually an option.) A detailed list of PE-approved activities is published and students may choose from among those that count as fitness workouts, as well as meeting a variety requirement, for the Online PE program.

Online PE is regimented and rigorous and designed to help students improve their level of fitness. Students should carefully consider whether this option meets their needs and whether they will be able to meet the requirements of the program. Questions not addressed on the eAcademy website can be directed to the eAcademy staff at the number below, or to your high school counselor.