



# Internet Academy

**Get Fit. Be Fit. Stay Fit.**

**Join an Online PE Course Now!**



## **PED301 - Fitness Fundamentals 1**

Students participate in pre- and post fitness assessments in which they measure and analyze their own levels of fitness based on the five components of physical fitness: muscular strength, endurance, cardiovascular fitness, flexibility, and body composition. Throughout this course students participate in a weekly fitness program involving elements of cardio, strength, and flexibility.

## **PED302 - Fitness Fundamentals 2**

This course takes a more in-depth look at the five components of physical fitness touched on in Fitness Fundamentals I: muscular strength, endurance, cardiovascular health, flexibility, and body composition. This course allows students to discover new interests as they experiment with a variety of exercises in a non-competitive atmosphere.



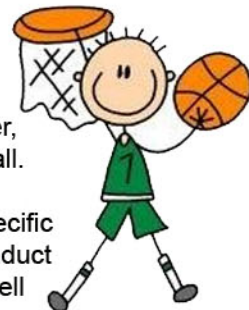
## **PED920 - Walking Fitness**

Walking is appropriate for students of all fitness levels and is a great way to maintain a moderately active lifestyle. In addition to reviewing fundamental principles of fitness students learn about goals and motivation, levels of training, walking mechanics, safety and injury prevention, appropriate attire, walking in the elements, good nutrition and hydration, and effective cross-training.



## **PED971 - Intro to Group Sports**

Students learn about a variety of sports, and do an in-depth study of soccer, basketball, baseball/softball, and volleyball. Students learn not the history, rules, and guidelines of each sport, and practice specific skills related to each sport. Students conduct a pre- and post fitness assessment, as well as participate in weekly physical activity.



## **PED997 - Independent Physical Education**

In this independent contract class you design your own Personal Fitness Plan based on your goals for physical fitness and nutrition, and then carry out physical activities to reach your goals. The contract requirements are completed on your own, with only periodic checks with an IA advisor.



## **PED981 - Strength Training**

This course focuses on the fitness components of muscular strength and endurance. Students establish their fitness level, set goals, and design their own resistance training program. Students will participate in a weekly fitness program involving strength training, as well as cardio and flexibility.



**Get Fit!**

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