**CREDIT FLEX REQUIREMENTS FOR PHYSICAL EDUCATION**

**GREENEVIEW HIGH SCHOOL**

In order to receive Flexible Credit for one Physical Education course at Greeneview High School, you must meet the requirements set forth by both the Ohio Department of Education curriculum and Greeneview High School’s Physical Education curriculum. Remember that you need to have **two** Physical Education classes (0.50 credits) to graduate.

In order for you to receive the credit you will need to complete the following:

**1. Individual Practice/Workout Journal**

 **Includes:**

 - Dates, time practiced, activities (not a schedule from a coach)

 - **What you specifically did** during your practice or workout (not just “practice” or

 “conditioning”)

**2. Video Analysis**

 **\*** Submit a video of you executing a sport skill or activity

**Includes:**

 - **Video** of the skill/activity in its parts and in whole.

 - Written **rubric** describing the skill in its phases: what is expected in the execution of each

 phase of the skill/activity.

 - Preparation Phase

 - Execution Phase

 - Follow-Through Phase

 - Video may be narrated (if narrated it must be audible) or just show the execution of

 the skill/activity with a written description.

**3. Create a Sport Specific Conditioning Program**

 \* Research a conditioning program specific to your sport/activity or consult an expert.

 **Includes:**

 - Program must include **pre-assessment** (fitness assessments that would take place prior

 to beginning this conditioning program and your personal results).

 - Program must include the **3 phases of a conditioning program**:

 - Pre Season

 - In-Season

 - Post-Season

 - Each phase should include both **strength conditioning** and **cardiovascular** activities

 (aerobics, weight training, flexibility…) that would be included in the conditioning

 program.

 - Must **complete** a mini-version of this program (2 weeks per phase) and provide a

 **personal response/reaction** to the conditioning program (How did your body

 react/adapt? What worked and what did not? What were your personal results? ...).

 - Include all **cited** **references** appropriately.

**4. Research Paper – Fitness Related Topic**

 \* Submit a pre-approved **5-page** fitness related research paper with appropriate cited **references**.

 **Possible Topics:** (You may combine topics)

 - What is Physical Fitness? (Include Health Related and Skill Related)

 - What is the F.I.T.T Principle and how is it related/incorporated into a workout program?

 - Identify and explain the components of a workout

 - Aerobic vs. Anaerobic exercise

 - Fitness Principles – overload, progression, specificity…

 - Any other fitness related topic(s)

**5. Skill/Technique Paper**

\* Submit a **5-page paper** that explores your sport/activity with appropriate **cited references**.

**Includes:**

 - **Explain** the history, rules, and positions required of this sport/activity.

 - **Analyze** the skills and strategies necessary for this sport/activity.

 - **Describe** the position(s) you play and the skills/strategies needed for this sport/activity.

 - **What would you need to do** to improve your skill/technique for this sport/activity

 (specific examples)?

**6. Personal Response**

 \* Submit a **1-page response** to the following pledge from the OHSAA Sportsmanship Guide.

 **The Student-Athlete Pledge:**

 As a student-athlete, I acknowledge that I am a role model. I understand the spirit of fair

 play while playing hard and trying my best. I will refrain from engaging in all types of

 disrespectful behavior, including inappropriate language, taunting, trash talking and

 unnecessary physical contact. I know the behavior expectations of my school, my

 conference and the OHSAA, and I hereby accept the responsibility and privilege of

 representing this school and community as a student-athlete.

 **OR**

 **\*** Submit a **1-page response** to asportsmanshiptopic of your choice.

 **Include:**

 - Description of the topic and your response/reaction to topic.

**If you are planning on receiving credit for more than one Physical Education class, you must complete the above requirements for each class.**  You **may not use** the same sport for both projects. If you are only involved in one sport or not involved in any organized sports, you may do your project on an exercise program of your own as long as it is pre-approved. Documents submitted will be reviewed, approved, and graded by a certified Physical Education teacher before credit will be granted. Contact the Physical Education Instructor if you have any further questions or concerns.