

Pace Guide for PE 6 - 1/2 credit course

Start date ---> Monday, January 06, 2020

Target Finish Date--> Friday, May 15, 2020

Number of Assignments-->	38		
Assignment #	Assignment Due By	Assignment	Percent Complete
1	Thursday, January 09, 2020	01.01 Getting Started	2.86%
2	Monday, January 13, 2020	01.02 Introduction to Physical Fitness	5.71%
3	Thursday, January 16, 2020	01.03 Safety First	8.57%
4	Monday, January 20, 2020	01.04 Warming Up and Cooling Down	11.43%
5	Thursday, January 23, 2020	01.05 Health-Related Components of Fitness	14.29%
6	Monday, January 27, 2020	1.06 Heart Health	17.14%
7	Wednesday, January 29, 2020	02.01 Body Composition and Health	20.00%
8	Monday, February 03, 2020	02.02 Measuring Body Composition and Cardiovascular Fitness	22.86%
9	Wednesday, February 05, 2020	02.03 Maintaining Body Composition	25.71%
10	Monday, February 10, 2020	02.04 ActivityCardiovascular	28.57%
11	Wednesday, February 12, 2020	02.05 Heart Rate and Activity	31.43%
12	Monday, February 17, 2020	02.06 Cardiovascular Training Principles	34.29%
13	Wednesday, February 19, 2020	03.01 Healthy Muscles, Bones, and Joints	37.14%
14	Monday, February 24, 2020	03.02 Measuring Flexibility and Muscular Fitness	40.00%
15	Wednesday, February 26, 2020	03.03 Maintaining Flexibility	42.86%

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Assignment #	Assignment Due By	Assignment	Percent Complete
16	Monday, March 02, 2020	03.04 Maintaining Healthy Muscles and Bones	45.71%
17	Wednesday, March 04, 2020	03.05 Equipment	48.57%
18	Monday, March 09, 2020	03.06 Training Principles	51.43%
19	Wednesday, March 11, 2020		
20	Monday, March 16, 2020		
21	Tuesday, March 17, 2020	04.01 Fitness Opportunities	54.29%
22	Monday, March 23, 2020	04.02 Getting to Your Goals	57.14%
23	Tuesday, March 24, 2020	04.03 Peer Pressure	60.00%
24	Monday, March 30, 2020	04.04 Sportsmanship	62.86%
25	Tuesday, March 31, 2020	04.05 Diversity Through Sports	65.71%
26	Friday, April 03, 2020	04.06 Activities Around the World	68.57%
27	Tuesday, April 07, 2020	05.01 Health Risks	71.43%
28	Friday, April 10, 2020	05.02 Health Information, Products, and Services	74.29%
29	Tuesday, April 14, 2020	05.03 Making Healthy Decisions	77.14%
30	Friday, April 17, 2020	05.04 Enhancing One's Health	80.00%
31	Tuesday, April 21, 2020	05.05 Positive and Negative Health Influences from Family, Peers and Culture	82.86%
32	Friday, April 24, 2020	05.06 Positive Health Choices	85.71%

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Assignment #	Assignment Due By	Assignment	Percent Complete
33	Monday, April 27, 2020	05.03 Making Healthy Decisions	88.57%
34	Friday, May 01, 2020	05.04 Enhancing One's Health	91.43%
35	Friday, December 13, 2019	05.05 Positive and Negative Health Influences from Family, Peers, and Culture	94.29%
36	Friday, May 08, 2020	05.06 Promote Positive Health Choices	97.14%
37	Monday, May 11, 2020	Final Exam	100.00%