



Alternative Physical Education Credit Independent Study

Students can receive 1/2 credit toward graduation for their participation in an independent study of aerobic activity through Legacy Christian Academy. Students are encouraged to participate in this program if they have not already fulfilled their two semesters (1/2 credit) of Physical Education in this program, or if they have not had their Physical Education credit waived by at least two seasons of sports participation. The student may only receive 1/2 credit total in this program. This will require the student to participate in a total of 120 hours of documented aerobic activity. Students who wish to do this by semester, may receive 1/4 credit per semester by completing 60 hours of documented aerobic activity.

The goal of this program is not only to fulfill the state of Ohio requirements for Physical Education, but also help the student understand the importance of aerobic activity to our bodies. As believers, the Scriptures are clear that our bodies are temples of the Holy Spirit (2 Cor. 2:16). It is important that physical fitness be maintained.

Aerobic really means “with oxygen.” The goal of this aerobic activity is to stimulate the cardiovascular system. The cardiovascular system includes the heart and blood vessels. In conjunction with the lungs, more oxygen becomes available for the working muscles of our bodies. Long term consistent aerobic activity strengthens one of the most important muscles, the heart.

Just follow the steps below and you can start your independent study.

IMPORTANT: IF THE STUDENT HAS A PHYSICAL CONDITION MAKING EXERCISE DIFFICULT OR DANGEROUS, PLEASE CONSULT A DOCTOR BEFORE BEGINNING THIS ACTIVITY.

Step 1: Choose an activity. Suggested activities can be found on the next page. Other activities can qualify (ask Mr. Bryant if you have any questions). You may alternate activities as long as you document them on your activity record chart.

Step 2: **Identify three specific skills to be developed during the course of the aerobic activity.** An example might be to walk a mile in a certain period of time (a time that you decide).

Step 3: Identify three character qualities that will serve as a focus for the activity. Also, find two verses that are meaningful to you and are related to the character quality. A list of character qualities that may be used can be found on the final page of this packet.

Step 4: Begin the activity. To achieve the benefits of aerobic exercise your heart must beat at an aerobic level for at least 20-30 minutes at least 4 to 5 times a week. The American College of Sports Medicine recommends that your heart rate should be 60-90% of your maximum heart rate. A chart

has been included in this packet for your convenience. (Maximum heart rate is 220 minus your age. You must multiply that number by 0.60 and 0.90 to find your target area.)

Heart Rate Goals

| Age | Heart Rate Goals – Min to Max |
|-----|-------------------------------|
| 14 | Min 124 to 185 max |
| 15 | Min 123 to 185 max |
| 16 | Min 122 to 185 max |
| 17 | Min 122 to 183 max |
| 18 | Min 121 to 182 max |
| 19 | Min 121 to 181 max |

Step 5: Write a paper of evaluation. After completing 60 hours (or 120 for two semesters), the student must complete a **one-page paper of evaluation**. The paper should describe the growth experienced during the activity. **Two verses that the student found meaningful for each character quality should be cited in this paper.** Also required in this paper is a statement regarding the fulfillment of the agreed upon athletic skill development. **This paper must be signed by the student and one parent in order to receive credit.**

Step 6: Submit the paper of evaluation along with the activity record chart to the Main Office. This needs to be done within two weeks of finishing the activity to receive credit. **Failure to submit the paper on time will forfeit the student's opportunity to receive this Alternative Physical Education Credit.**

Some Suggested Aerobic Activities

| | |
|----------------------|-----------------|
| Aerobics | Skating |
| Badminton | Soccer |
| Baseball | Stair-Climbing |
| Basketball | Stationary Bike |
| Cross-Country Skiing | Treadmill |
| Cycling | Downhill Skiing |
| Football | Swimming |
| Hockey | Tennis |
| Racquetball | Volleyball |
| Rope-Skipping | Walking |
| Running | |

Alternative Physical Education Credit Registration Form

This form **MUST** be turned in to Mr. Bryant before you begin this program!

I will participate in the Alternative Physical Education program.

Student Name (please print)

Student Signature

Date

Parent or Guardian Signature

Date

| Activity Record Chart – Independent Study – Weeks 1-5 | | | | | | | |
|--------------------------------------------------------------|---------------|----------------|------------------|-----------------|---------------|-----------------|---------------|
| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| Week 1 | Activity | Activity | Activity | Activity | Activity | Activity | Activity |
| | | | | | | | |
| | Time Spent | Time Spent | Time Spent | Time Spent | Time Spent | Time Spent | Time Spent |
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| Week 2 | Activity | Activity | Activity | Activity | Activity | Activity | Activity |
| | | | | | | | |
| | Time Spent | Time Spent | Time Spent | Time Spent | Time Spent | Time Spent | Time Spent |
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| Week 3 | Activity | Activity | Activity | Activity | Activity | Activity | Activity |
| | | | | | | | |
| | Time Spent | Time Spent | Time Spent | Time Spent | Time Spent | Time Spent | Time Spent |
| | | | | | | | |
| Week 4 | Activity | Activity | Activity | Activity | Activity | Activity | Activity |
| | | | | | | | |
| | Time Spent | Time Spent | Time Spent | Time Spent | Time Spent | Time Spent | Time Spent |
| | | | | | | | |
| Week 5 | Activity | Activity | Activity | Activity | Activity | Activity | Activity |
| | | | | | | | |
| | Time Spent | Time Spent | Time Spent | Time Spent | Time Spent | Time Spent | Time Spent |
| | | | | | | | |

Total Week 1-5 Hours _____

Adult signature verifying accuracy of log _____

| Activity Record Chart – Independent Study – Weeks 6-10 | | | | | | | |
|---------------------------------------------------------------|---------------|----------------|------------------|-----------------|---------------|-----------------|---------------|
| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| Week 6 | Activity | Activity | Activity | Activity | Activity | Activity | Activity |
| | | | | | | | |
| | Time Spent | Time Spent | Time Spent | Time Spent | Time Spent | Time Spent | Time Spent |
| | | | | | | | |
| Week 7 | Activity | Activity | Activity | Activity | Activity | Activity | Activity |
| | | | | | | | |
| | Time Spent | Time Spent | Time Spent | Time Spent | Time Spent | Time Spent | Time Spent |
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| Week 8 | Activity | Activity | Activity | Activity | Activity | Activity | Activity |
| | | | | | | | |
| | Time Spent | Time Spent | Time Spent | Time Spent | Time Spent | Time Spent | Time Spent |
| | | | | | | | |
| Week 9 | Activity | Activity | Activity | Activity | Activity | Activity | Activity |
| | | | | | | | |
| | Time Spent | Time Spent | Time Spent | Time Spent | Time Spent | Time Spent | Time Spent |
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| Week 10 | Activity | Activity | Activity | Activity | Activity | Activity | Activity |
| | | | | | | | |
| | Time Spent | Time Spent | Time Spent | Time Spent | Time Spent | Time Spent | Time Spent |
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Total Week 6-10 Hours _____ Current Total Hours _____

Adult signature verifying accuracy of log _____

| Activity Record Chart – Independent Study – Weeks 11-15 | | | | | | | |
|----------------------------------------------------------------|---------------|----------------|------------------|-----------------|---------------|-----------------|---------------|
| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| Week 11 | Activity | Activity | Activity | Activity | Activity | Activity | Activity |
| | | | | | | | |
| | Time Spent | Time Spent | Time Spent | Time Spent | Time Spent | Time Spent | Time Spent |
| | | | | | | | |
| Week 12 | Activity | Activity | Activity | Activity | Activity | Activity | Activity |
| | | | | | | | |
| | Time Spent | Time Spent | Time Spent | Time Spent | Time Spent | Time Spent | Time Spent |
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| Week 13 | Activity | Activity | Activity | Activity | Activity | Activity | Activity |
| | | | | | | | |
| | Time Spent | Time Spent | Time Spent | Time Spent | Time Spent | Time Spent | Time Spent |
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| Week 14 | Activity | Activity | Activity | Activity | Activity | Activity | Activity |
| | | | | | | | |
| | Time Spent | Time Spent | Time Spent | Time Spent | Time Spent | Time Spent | Time Spent |
| | | | | | | | |
| Week 15 | Activity | Activity | Activity | Activity | Activity | Activity | Activity |
| | | | | | | | |
| | Time Spent | Time Spent | Time Spent | Time Spent | Time Spent | Time Spent | Time Spent |
| | | | | | | | |

Total Week 11-15 Hours _____ **Current Total Hours** _____

Adult signature verifying accuracy of log _____

| Activity Record Chart – Independent Study – Weeks 16-20 | | | | | | | |
|----------------------------------------------------------------|---------------|----------------|------------------|-----------------|---------------|-----------------|---------------|
| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| Week 16 | Activity | Activity | Activity | Activity | Activity | Activity | Activity |
| | | | | | | | |
| | Time Spent | Time Spent | Time Spent | Time Spent | Time Spent | Time Spent | Time Spent |
| | | | | | | | |
| Week 17 | Activity | Activity | Activity | Activity | Activity | Activity | Activity |
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| | Time Spent | Time Spent | Time Spent | Time Spent | Time Spent | Time Spent | Time Spent |
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| Week 18 | Activity | Activity | Activity | Activity | Activity | Activity | Activity |
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| | Time Spent | Time Spent | Time Spent | Time Spent | Time Spent | Time Spent | Time Spent |
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| Week 19 | Activity | Activity | Activity | Activity | Activity | Activity | Activity |
| | | | | | | | |
| | Time Spent | Time Spent | Time Spent | Time Spent | Time Spent | Time Spent | Time Spent |
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| Week 20 | Activity | Activity | Activity | Activity | Activity | Activity | Activity |
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| | Time Spent | Time Spent | Time Spent | Time Spent | Time Spent | Time Spent | Time Spent |
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Total Week 16-20 Hours _____ Current Total Hours _____

Adult signature verifying accuracy of log _____

| Activity Record Chart – Independent Study – Weeks 21-25 | | | | | | | |
|---------------------------------------------------------|------------|------------|------------|------------|------------|------------|------------|
| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| Week 21 | Activity | Activity | Activity | Activity | Activity | Activity | Activity |
| | | | | | | | |
| | Time Spent | Time Spent | Time Spent | Time Spent | Time Spent | Time Spent | Time Spent |
| | | | | | | | |
| Week 22 | Activity | Activity | Activity | Activity | Activity | Activity | Activity |
| | | | | | | | |
| | Time Spent | Time Spent | Time Spent | Time Spent | Time Spent | Time Spent | Time Spent |
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| Week 23 | Activity | Activity | Activity | Activity | Activity | Activity | Activity |
| | | | | | | | |
| | Time Spent | Time Spent | Time Spent | Time Spent | Time Spent | Time Spent | Time Spent |
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| Week 24 | Activity | Activity | Activity | Activity | Activity | Activity | Activity |
| | | | | | | | |
| | Time Spent | Time Spent | Time Spent | Time Spent | Time Spent | Time Spent | Time Spent |
| | | | | | | | |
| Week 25 | Activity | Activity | Activity | Activity | Activity | Activity | Activity |
| | | | | | | | |
| | Time Spent | Time Spent | Time Spent | Time Spent | Time Spent | Time Spent | Time Spent |
| | | | | | | | |

Total Week 21-25 Hours _____ Current Total Hours _____

Adult signature verifying accuracy of log _____

| Activity Record Chart – Independent Study – Weeks 26-30 | | | | | | | |
|----------------------------------------------------------------|---------------|----------------|------------------|-----------------|---------------|-----------------|---------------|
| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| Week 26 | Activity | Activity | Activity | Activity | Activity | Activity | Activity |
| | | | | | | | |
| | Time Spent | Time Spent | Time Spent | Time Spent | Time Spent | Time Spent | Time Spent |
| | | | | | | | |
| Week 27 | Activity | Activity | Activity | Activity | Activity | Activity | Activity |
| | | | | | | | |
| | Time Spent | Time Spent | Time Spent | Time Spent | Time Spent | Time Spent | Time Spent |
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| Week 28 | Activity | Activity | Activity | Activity | Activity | Activity | Activity |
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| | Time Spent | Time Spent | Time Spent | Time Spent | Time Spent | Time Spent | Time Spent |
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| Week 29 | Activity | Activity | Activity | Activity | Activity | Activity | Activity |
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| | Time Spent | Time Spent | Time Spent | Time Spent | Time Spent | Time Spent | Time Spent |
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| Week 30 | Activity | Activity | Activity | Activity | Activity | Activity | Activity |
| | | | | | | | |
| | Time Spent | Time Spent | Time Spent | Time Spent | Time Spent | Time Spent | Time Spent |
| | | | | | | | |

Total Week 26-30 Hours _____ Current Total Hours _____

Adult signature verifying accuracy of log _____

| Activity Record Chart – Independent Study – Weeks 31-35 | | | | | | | |
|----------------------------------------------------------------|---------------|----------------|------------------|-----------------|---------------|-----------------|---------------|
| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| Week 31 | Activity | Activity | Activity | Activity | Activity | Activity | Activity |
| | | | | | | | |
| | Time Spent | Time Spent | Time Spent | Time Spent | Time Spent | Time Spent | Time Spent |
| | | | | | | | |
| Week 32 | Activity | Activity | Activity | Activity | Activity | Activity | Activity |
| | | | | | | | |
| | Time Spent | Time Spent | Time Spent | Time Spent | Time Spent | Time Spent | Time Spent |
| | | | | | | | |
| Week 33 | Activity | Activity | Activity | Activity | Activity | Activity | Activity |
| | | | | | | | |
| | Time Spent | Time Spent | Time Spent | Time Spent | Time Spent | Time Spent | Time Spent |
| | | | | | | | |
| Week 34 | Activity | Activity | Activity | Activity | Activity | Activity | Activity |
| | | | | | | | |
| | Time Spent | Time Spent | Time Spent | Time Spent | Time Spent | Time Spent | Time Spent |
| | | | | | | | |
| Week 35 | Activity | Activity | Activity | Activity | Activity | Activity | Activity |
| | | | | | | | |
| | Time Spent | Time Spent | Time Spent | Time Spent | Time Spent | Time Spent | Time Spent |
| | | | | | | | |

Total Week 31-35 Hours _____ Current Total Hours _____

Adult signature verifying accuracy of log _____



- Acceptance:** Realizing and treating all people as made in God's image. (James 2:1)
- Attentiveness:** Listening with ears, eyes, and heart. (Prov. 4:20-21)
- Carefulness:** Taking one step at a time to do a job right. (Eph. 5:15)
- Contentment:** Satisfied with what the Lord has given me and where He has placed me. (1 Tim. 6:6)
- Courage:** Meeting opposition with confidence. (Josh. 1:7a)
- Creativity:** Doing something in a new way. (Gen. 1:31a)
- Dependability:** Doing what I said I would do. (Ecc. 9:10)
- Diligence:** Working hard to accomplish a task. (Prov. 22:29)
- Discernment:** Seeing things as they really are. (Heb. 5:14)
- Faith:** Believing and acting on what God says He will do. (Heb. 11:1)
- Forgiveness:** Treating someone as though he/she never hurt me. (Col. 3:13)
- Friendliness:** Eager to share myself with others. (Prov. 18:24)
- Generosity:** Sharing what I have with a cheerful spirit. (2 Cor. 9:7)
- Helpfulness:** Being ready to serve at any time. (Isaiah 41:6)
- Honesty:** Having truthful words and ways. (Eph. 4:25)
- Honor:** Showing deep respect for God and others. (Heb. 12:9)
- Humility:** Giving credit to God and others for the achievements in my life. (Prov. 16:19)
- Initiative:** Making the first move without being asked. (Prov. 6:6-8)
- Integrity:** Doing the right thing even when only God knows. (James 4:17)
- Kindness:** Having tender and gentle words and ways. (Eph. 4:32)
- Love:** Meeting another's needs sacrificially. (John 15:12)
- Meekness:** Being peaceable and gentle even when I don't get my own way. (Titus 3:2)
- Morality (Purity):** Living a holy life. (1 Thess. 4:3)
- Obedience:** Doing what I am told without challenge, excuse, or delay. (Heb. 13:17)
- Orderliness:** Having everything in its place. (1 Cor. 14:40)
- Patience:** Waiting with a joyful spirit. (James 5:8)
- Perseverance:** Doing a job when it gets tougher than expected. (1 Cor. 16:13)
- Promptness:** Being on time. (Gal. 4:4)
- Respect:** Esteeming and honoring those God puts over me. (1 Thess. 5:13)
- Responsibility:** Doing what I know I ought to do. (1 Cor. 4:2)
- Self-control:** Doing something even when I don't feel like it. (1 Cor. 9:25a)
- Tactfulness:** Being able to do or say the right thing at the right time in the right way. (Ecc. 8:5)
- Tenderheartedness:** Feeling the joys and hurts of others. (Eph. 4:32a)
- Thankfulness:** Being grateful and saying so. (1 Thess. 5:18)
- Thriftiness:** Wisely using the resources God has given me. (Luke 16:10)
- Wisdom:** Thinking and doing things God's way. (Prov. 4:7)