

# training

## **Online P.E. (Distance Push-Ups).(Florida Virtual School offers physical education course)**

By Holly Dolezalek

1 June 2003

Just how far is this e-learning thing going to go anyway? Seems they're pushing the envelope in Florida, where Miami high school students can now take, believe it or not, physical education via the Internet.

It sounds like a joke, but it's not. The course is a half-credit class called "Personal Fitness," offered by Florida Virtual School (FVS), a state-funded Internet-based public high school.

The Personal Fitness class currently has 180 students from Broward and Miami-Dade high schools enrolled, and FVS officials predict that more than 1,000 students will take the class during the current school year. The course doesn't replace classroom options; it's intended to help students who have failed a class or who need to take the class for graduation and have scheduling conflicts.

Students take quizzes on nutrition and perform exercises on their own, but they must do three physical assessments in flexibility, cardiovascular, muscular strength and endurance. They communicate with their instructor by fax or email, sending in times and pulse rates when they complete exercises.

FVS offers 65 online classes in art, math, social studies and other subjects. The classes are free to Florida students, and students can get credit for these courses in all 67 Florida school districts. Coming soon to a high school near you: an online course in underwater basket weaving?

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