

## Physical Education Answer Key

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## Unit 1

### Discussion Board: Getting Started - 10 pts

On this board you will brainstorm with other members of the class about various ways to get started and overcome hurdles in a physical fitness program.

In your original post please include the following:

- Your Name, remember you're introducing yourself to the class
- Some of your favorite sports or activities that you think will keep you motivated in the upcoming weeks.
- Do you prefer to exercise in a group? With a partner? Or do you feel better off alone for your workout most of the time?
- What advantages will you have in completing this course requirement? Do you have a membership in a gym? Are you already actively participating in a sport? Has a friend or family member agreed to help you with the training program? Are you near a pool, a park or a bike trail? Come up with at least one thing that will allow you to successfully move forward in a physical fitness plan.
- Do you have any issues that you will have to overcome to successfully complete a fitness program? Do you have an old injury that you will need to be careful with? Would you have to work on your positive mental attitude? Are you very busy and don't have a lot of time? Describe at least one thing they could potentially interfere with you being successful.

To complete this board you will respond to at least one other participant.

- Do you share anything in common?
- Can you make any suggestions that would help them be successful?
- What would you recommend as a way to overcome the issue he or she described that might interfere with the fitness program?

Sample student submission:

Thread: Getting Started

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**Sir Norman Lockyer**



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