# ASTR Institute Offers Online Physical Education Program for Florida PEP Scholarship Families

*Step Up For Students families can review ASTR's online P.E. and sports-performance program as a PEP-eligible option for students learning at home.*



ASTR Scar tissue release tool

ASTR Institute

CLERMONT, FL, UNITED STATES, September 8, 2026 /EINPresswire.com/ -- ASTR Institute has published information about its Online Student Physical Education & Sports Performance Program for Florida families using the Personalized Education Program (PEP) scholarship, administered by Step Up For Students. Developed by Dr. Joseph Jacobs, DPT, ACN, the program combines online instruction, guided physical activities, and practical movement education for students learning at home — and physical education is one of the expense categories Florida PEP families may consider under current program rules.

Physical education is a recognized category within the Florida PEP scholarship. Because eligibility requirements and documentation can change year to year, and some online instruction may require pre-authorization, families should confirm current rules with Step Up For Students before purchasing. This overview explains what the program includes and how PEP families can review it.

- Is Physical Education a PEP Scholarship–Eligible Expense in Florida?

Yes — physical education is one of the authorized expense categories under the Florida PEP

(Personalized Education Program) scholarship, which is administered by Step Up For Students. Authorized P.E. expenses have included sports lessons, fees, and certain single-person equipment, and digital or video-based sport instruction may require pre-authorization before purchase.

Eligibility can change each school year, and an item approved previously may not be approved currently. Families should review the current PEP Purchasing Guide and confirm any specific expense with Step Up For Students before reserving funds. A scholarship award and a specific approved purchase are separate considerations.

- What Is the ASTR Online Physical Education & Sports Performance Program?

The ASTR program is an online physical education and sports-performance course Florida students can access from home. It brings together strength, flexibility, mobility, balance, coordination, and conditioning, with supporting instruction in body mechanics, activity preparation, and recovery.

The program is individualized: activities can be adapted according to age, physical ability, activity level, sport, and personal goals. It is designed to serve both students seeking an introduction to movement and fitness and student athletes working on sports performance. Families can review the program description on the ASTR website and discuss whether it fits their student before enrolling.

- Who Is the Program For?

The program is designed for a range of students. Some approach physical education with a specific athletic goal; others want an introduction to movement that feels understandable and manageable. A student who enjoys individual activities may have different preferences from one who plays team sports, and the program's stated approach allows activities to be adapted accordingly.

For students who are not athletes, the curriculum's movement and fitness topics — balance, coordination, flexibility, and everyday movement — offer a starting point focused on becoming more comfortable with physical activity. For experienced student athletes, the emphasis may shift toward movement preparation, conditioning, and understanding recovery. Families can discuss their student's starting point with ASTR to determine an appropriate focus.

- What Does the Curriculum Include?

The curriculum described by ASTR includes warm-up exercises, mobility activities, stretching, strength exercises, balance work, coordination drills, and conditioning. Depending on the student's needs, activities may also include agility, sports-performance exercises, and cool-down routines.

The program also introduces the relationship among strength, stability, flexibility, mobility, posture, and body mechanics. Students may practice movements used in everyday activities — bending, lifting, pushing, pulling, squatting, walking, and running — connecting instruction to actions they recognize from exercise, recreation, and daily tasks.

Sports-performance education may address running mechanics, acceleration, deceleration, changes of direction, jumping, landing, coordination, endurance, rotation, and upper- and lower-body movement. The activities selected depend on the student's sport and goals. The program's stated objective is to support a physical foundation for exercise, recreation, and sports; the description does not promise guaranteed competitive results.

- How Does the Online Program Work at Home?

Students follow step-by-step lessons and engage in guided activities, so movement practice is an essential part of the experience. The online format lets families bring physical education into the student's broader learning schedule and reduces the need to travel to Clermont for the instructional material delivered through the program.

Because the program is delivered online, families can ask how students move between instruction and physical practice, whether a particular lesson requires an adult nearby, and what to do when a student does not understand an activity. These are practical questions worth clarifying before enrollment, especially for younger students or those new to the equipment used in designated lessons. Parents can also ask about access, scheduling, available guidance, space requirements, and appropriate supervision.

- What Is Included in the Student Tool Kit?

The program incorporates an ASTR Student/Client Tool Kit for designated lessons and activities. According to the published description, the applicable package may include tools and educational materials used for mobility, movement preparation, flexibility, soft-tissue education, and recovery instruction, connected to specific lesson content with attention to purpose, handling, and safety.

Parent or guardian involvement may be included when appropriate for the student's age and activity. Families can ask which tools are in the selected package, how they are introduced, and what assistance is expected at home. The program includes the applicable kit and instructional materials, and families can confirm the contents of their selected package before reserving funds or completing enrollment.

- What About Students With Physical Limitations or Medical Restrictions?

The program description includes recognizing limitations that can affect participation, such as

restricted mobility, reduced balance, limited stamina, and difficulty with sport-specific movements. Families can discuss their student's circumstances before enrolling.

A student's existing diagnosis, injury, or medical restriction may require guidance from the treating healthcare professional when determining appropriate participation. Injury-prevention education is presented as an educational component, without a promise that injuries can always be prevented.

- Does the Program Cover Wellness and Nutrition?

The curriculum lists hydration, nutrition, healthy food choices, sleep, rest, and recovery among its instructional topics, incorporated into the overall Physical Education & Sports Performance Program. Families seeking a specific, separate nutrition or wellness service should ask whether it is part of the selected program or a separate offering with different requirements.

- How Do Florida PEP Families Enroll Through the EMA Marketplace?

Families using the PEP scholarship locate approved providers and services through the Education Market Assistant (EMA) Marketplace. ASTR's website directs families to search for ASTR Institute in EMA and to review the current provider profile and the exact service offering associated with their student. The published enrollment instructions identify Physical Education / Fitness Classes as the relevant service to look for, subject to the current listing and applicable approval requirements.

Under the process ASTR describes, families locate the appropriate service, reserve the required scholarship funds, and contact ASTR to begin the program. Parents unsure which listing matches their intended purchase can contact the institute before proceeding. Questions about scholarship rules or an expense's eligibility should be resolved through Step Up For Students' current guidance. ASTR's announcement does not represent a guarantee of reimbursement, approval of every expense, or endorsement by the scholarship administrator.

- What Should Parents Ask Before Enrolling?

A useful inquiry can include the student's age, current activity level, preferred types of movement, and the family's reasons for seeking physical education instruction — whether the priority is general fitness, learning exercise fundamentals, or supporting sports participation. Parents can also raise any accommodations they want to discuss.

Relevant details to confirm include the instructional content, materials, access period, participation expectations, age suitability, program duration, instructional access, available assistance, and scheduling. Reviewing these alongside the current PEP Purchasing Guide helps families compare the program with other educational choices and move from researching options to understanding a specific proposed purchase. ASTR's published overview supplies a

starting point; Step Up For Students remains the source for current purchasing rules.

- Availability Across Florida

The online program is relevant to families in Clermont, Lake County, and the greater Orlando area, as well as families elsewhere in Florida seeking instruction accessible from home. Local families may recognize ASTR through its Clermont location, while students living farther away can review the online program without assuming regular travel to the clinic. The availability and format of any separate in-person services should be discussed directly with the institute.

- About Dr. Joseph Jacobs and ASTR Institute

The program was developed by Dr. Joseph Jacobs, a Doctor of Physical Therapy and Advanced Clinical Nutritionist, who is also an author, inventor, and health educator. His work at ASTR includes education related to movement, physical fitness, body mechanics, and wellness, applied here to physical education and sports-performance instruction.

ASTR Institute is located at 1230 Oakley Seaver Drive, Suite 309, Clermont, Florida 34711. Its offerings include movement and wellness education, online instructional programs, and clinical services. The Online Student Physical Education & Sports Performance Program brings together guided activity, practical instruction, and supporting educational materials for students with varied physical education interests and goals.

Florida families can inquire about the program, clarify the selected EMA service, and ask about next steps for enrollment through ASTR Institute at https://advancedsofttissuerelease.com/ or by calling or texting (949) 236-6862.

- References and Sources

- Step Up For Students. Personalized Education Program (PEP): https://www.stepupforstudents.org/scholarships/personalized-education-program/
- Step Up For Students. PEP Purchasing Guide (current): https://www.stepupforstudents.org/handbook-web/pep-purchasing-guide/
- Step Up For Students. PEP Family Handbook (current): https://www.stepupforstudents.org/handbook-web/pep-family-handbook/
- Step Up For Students. PEP Reimbursement and Eligible Expenses: https://www.stepupforstudents.org/scholarships/personalized-education-program/reimbursement/
- ASTR Institute. Physical Education & Sports Performance Program in Florida: https://advancedsofttissuerelease.com/pep-physical-education-sports-performance-program-in-florida/

*This press release is for general informational purposes. Scholarship eligibility, approved

expense categories, and documentation requirements are determined by Step Up For Students and applicable Florida law, and can change. Families should confirm current rules and the eligibility of any specific expense with Step Up For Students before purchasing.*

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