Course Syllabus

Course Description

This course provides students with an overview of individual sports. Students learn about a variety of sports, yet do an in-depth study of running, walking, strength training, yoga, Pilates, dance, water sports, and cross-training. Students learn the history, rules, and guidelines of each sport, and practice specific skills related to each sport. Students also learn about the components of fitness, FITT principles, benefits of fitness, safety and technique, and good nutrition. Students conduct fitness assessments and participate in weekly physical activity.

Units & Tasks

This course is divided into the following Units and Sections.

- *Course Introduction*
- *Unit 1: Getting Started*
    - *1.1 Fitness Assessment & Analysis*
    - *1.2 Getting Started*
    - *1.3 Exercising Outdoors*
- *Unit 2: Fitness & Nutrition Principles*
    - *2.1 Components of Fitness*
    - *2.2 Principles of Fitness*
    - *2.3 Nutrition*
- *Unit 3: Cycling Basics*
    - *3.1 Cycling*
    - *3.2 Bike & Helmet Fit*
- *Unit 4: Strength Training*
    - *4.1 Strength Training Principles*
    - *4.2 Strength Training Guidelines*
- *Unit 5: Water Sports*
    - *5.1 Water Safety*
    - *5.2 Swimming & Water Skills*
- *Unit 6: Cross-Training & Agility*
    - *6.1 Cross-Training*
    - *6.2 Drills & Plyometrics*
- *Unit 7: Post Assessment*
    - *7.1 Post Assessment*

Within each section you will find the following tasks to view or complete:

1. *Game Plan*—an outline of tasks for that section
2. *Lesson*—multimedia online lesson(s)about the section topic
3. *Sprint*—links to other online sites with additional fitness information
4. *Team Huddle**—class discussion on an assigned topic
5. *Assignment/Sport Report**—section assignment or evaluation of a sport
6. *Quiz**—assessment of lesson comprehension
7. *Fitness Log**—a record of your workout sessions for each week

The items noted with an asterisk above are those that must be submitted for a grade. The "Course Introduction" section has more detailed information on the navigation and tasks for this course.

Exercise Requirements
Although this is an online course, the exercise requirements are anything but virtual!

In addition to completing written assignments, discussions, and quizzes, you are required to complete physical fitness activities and pass off specific sports related skills.

Please read through the instructions and documents on the **Exercise Requirements** page before beginning this course. Contact your instructor if you have any questions about the requirements

Assignments and Grading
Each section of this course is designed to be completed in about one week's time for a 16-18 week course. If you have less time to complete this course, you may need to move through each section at a faster pace.

Please see the detailed schedule or consult with your instructor for more information on points possible and due dates.

Parent or supervising adult verification of the Weekly Fitness Logs is required every four weeks. You will not receive additional points for the parent verification. However, you will LOSE points for your fitness logs if the adult verification is not submitted.

Recommended Materials
There are no required materials or equipment for this course. However, the following equipment may be helpful. These products are available at http://www.caronefitness.com/products2.html.
- Various Sports Equipment
- Heart Rate Monitor
- MOVband
- Resistance Band

Technical Requirements
In order to view all of the elements of this course, you will want to make sure your computer or device has the recommended programs or plug-ins installed. All of these programs can be downloaded for free at the sites listed below.

Viewing Course Pages:

Some pages may require that you "enable Active X controls" or "Allow Blocked Content." If you are viewing the course and asked for either of these options, click "Yes"

or "Allow." You will also need to "Enable Pop-ups" to view some elements of this course.

Viewing Lessons:

There are multiple lessons available in each section. These lessons are required for you to view and contain necessary information to complete your quizzes and assignments. For your convenience, there are three versions of each lesson available.

- The Flash version is ideal for viewing on computers and some tablet devices. A Flash Player is required, http://get.adobe.com/flashplayer/.
- The MP4 version is ideal for viewing on ipad/iphone, ipod touch, and some tablet devices and smartphones. A video player, such as QuickTime, is required, http://get.adobe.com/reader/.
- The PDF version can be viewed on most devices and is great for reviewing, printing, or for students with limited Internet connection. A PDF reader, such as Adobe Reader, is required, http://get.adobe.com/reader/.

Completing Assignments:

Many assignments require a word processing application. Most assignments are currently provided as Rich Text Format (RTF), so they can be opened in various word-processing applications. If you do not have a word-processing program, such as Microsoft Word, it is recommended that you download OpenOffice, a free download that includes programs similar to Word, PowerPoint, and Excel, http://www.openoffice.org/download/.