

Course Syllabus

Weeks & Tasks

This course is divided into 6 weeks.

- **Week 1: Getting Started**
- **Week 2: Goal Setting**
- **Week 3: Holistic Health**
- **Week 4: Cardio Training**
- **Week 5: Strength & Flexibility Training**
- **Week 6: Diet & Exercise**

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 lessons 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***—section assignment
6. **Quiz***—a quiz covering information from the lessons
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.

Exercise Requirements

In addition to completing written assignments, discussions, and quizzes, you are required to complete six weeks of physical fitness activities for this course.

You are required to complete a *minimum* of FOUR HOURS per week of physical fitness activities over *at least* three different days of the week. Each week's workouts must include elements of cardio, strength training, and flexibility. You will be recording your activities and heart rate on a weekly log that you will submit to your instructor. More detailed information about the exercise requirements and your fitness log can be found in Week 1 and within your fitness log instructions.

Assignments and Grading

Each section of this course is designed to be completed in about one week's time. Please see the detailed schedule for more information on points possible and due dates.

****Parent verification of the Weekly Fitness Logs is required** every few weeks. You will not receive additional points for the parent verification. However, you will **LOSE** points for your fitness logs if the parent 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>.

Credit Recovery PE

- Heart Rate Monitor
- MOVband
- Resistance Band

Technical Requirements

A PDF reader and a word-processing program are required for this course. It is also recommended that you have either a Flash player or MP4 player. Below you will find links to download free or trial versions of these programs.

- Flash Player, <http://get.adobe.com/flashplayer/>
- Adobe Reader, <http://get.adobe.com/reader/>
- QuickTime MP4 Player, <http://www.apple.com/quicktime/download/>
- Word Processing Programs:
 - Microsoft Word, <http://office.microsoft.com/en-us/try/>
 - Open Office, <http://www.openoffice.org/download/>