

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, hiking, yoga, dance, swimming, biking, and cross-training. Students learn not only the history, rules, and guidelines of each sport, but practice specific skills related to each sport. Students also learn about the components of fitness, the 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.

- **Unit 1: Getting Started**
 - 1.1 Fitness Assessment & Analysis
 - 1.2 Getting Started
 - 1.3 Safety & Injury Prevention
- **Unit 2: Fitness Principles**
 - 2.1 Components of Fitness
 - 2.2 Principles of Fitness
 - 2.3 Principles of Movement
- **Unit 3: Life Time Sports I**
 - 3.1 Intro to Individual Sports
 - 3.2 Walking & Running
 - 3.3 Strength Training
- **Unit 4: Life Time Sports II**
 - 4.1 Yoga
 - 4.2 Cycling
 - 4.3 Dance
- **Unit 5: Total Health**
 - 5.1 Cross-Training
 - 5.2 Nutrition
- **Unit 6: Post Assessment**
 - 6.1 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.

Individual Sports

Exercise Requirements

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

You are required to complete a *minimum* of three 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 the "Course Introduction" section and within your fitness log.

You will also be required to participate in and report on some specific individual sports, such as walking, strength training, yoga, and dance.

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.

*Only 12 Fitness Logs are required throughout the semester. Optional days to submit a weekly log are included for make-up (in case of missed weeks) or extra credit.

****Parent 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 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>.

- 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/>