

# Course Syllabus

### Course Description

This comprehensive health and PE course provides students with essential knowledge and decision-making skills for a healthy lifestyle. Students will analyze aspects of emotional, social, and physical health and how these realms of health influence each other. Students will apply principles of health and wellness to their own lives. In addition, they will study behavior change and set goals to work on throughout the course. Other topics of study include substance abuse, safety and injury prevention, environmental health, and consumer health.

This course is also designed to provide students with the basic skills and information needed to begin a personalized exercise program and maintain an active and healthy lifestyle. Students participate in pre- and post-fitness assessments in which they measure and analyze their own levels of fitness based on the five components of physical fitness: muscular strength, endurance, cardiovascular fitness, flexibility, and body composition. In this course, students research the benefits of physical activity, as well as the techniques, principles, and guidelines of exercise to keep them safe and healthy. Throughout this course students participate in a weekly fitness program involving elements of cardio, strength, and flexibility.

### Units & Sections

This course is divided into the following Units and Sections.

- **Course Introduction**
- **Unit 1: Health Choices**
  - 1.1 Dimensions of Wellness
  - 1.2 Decision-Making Skills
- **Unit 2: Starting a Fitness Program**
  - 2.1 What is Fitness?
  - 2.2 Goal Setting
  - 2.3 Getting Started
- **Unit 3: Fitness Safety**
  - 3.1 Warm Up & Cool Down
  - 3.2 Posture & Technique
  - 3.3 Safety Guidelines
- **Unit 4: Exercise Principles**
  - 4.1 Components of Fitness
  - 4.2 FITT Principles
  - 4.3 Heart Rate & Intensity
- **Unit 5: Drugs & Alcohol**
  - 5.1 Drug Use
  - 5.2 Alcohol & Tobacco
- **Unit 6: Nutrition**
  - 6.1 Nutrition
  - 6.2 Weight Management

### Course Tasks

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

1. **Checklist**—an outline of tasks for that section
2. **Lessons**—multimedia online lessons about the section topic
3. **Field Trip**—links to other online sites with additional fitness information
4. **Discussion\***—class discussion on an assigned topic
5. **Assignment\***—section assignment
6. **Quiz\***—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. The “Course Introduction” section has more detailed information on the navigation and tasks for this course.

At the end of each unit is a unit exam.

### Exercise Requirements

1. **You are required to have 12 weeks of physical activity for this course.**
2. **Your weekly workouts must equal at least 3 hours of physical activity accumulated over at least three days of the week.**
3. **Each week’s workouts must include elements of cardio, strength, and flexibility training as outlined below.**

#### CARDIO

- **Minimum of 90 minutes of cardio per week**
- Specify which cardio activities
- Cardio workouts, ideally, can be done every day of the week
- A cardio workout means that your heart rate is elevated within your target zone (approximately 135-180 bpm)

#### STRENGTH

- **Minimum of 30 minutes of strength training per week**
- Specify which muscles worked and with what equipment
- You should work every major muscle or muscle group at least once during the week
- Remember, when strength training you should allow your muscles to rest for at least 48 hours before working the same muscles again
- If you want to strength train every day, alternate upper body one day and lower body the next

#### FLEXIBILITY

- **Minimum of 5-10 minutes of stretching at the end of every cardio or strength training workout**
- Other optional flexibility workouts such as yoga or Pilates can be included as well

## Personal Health & Fitness

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### 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 Weekly Fitness Logs are required throughout the semester. Optional days to submit a weekly log are included for make-up (in case of missed weeks).

### Recommended Materials

Pulse or Heart Rate Monitor

SPRI Resistance Tubing - <https://www.spri.com/collections/rubber-resistance>

### Technical Requirements

The multimedia lessons should be viewable on multiple devices and browsers with no additional players. Below the multimedia lessons you will find PDF versions of the lessons. A PDF reader is required to view this. Most devices come equipped with a PDF reader. If not, you can download a free one here: <http://get.adobe.com/reader/>.