

Course Syllabus

Course Description

This course provides students with an overview of dual and individual sports. Students learn about a variety of sports, and do an in-depth study of hiking and orienteering, golf, and dual volleyball. Students learn not only the history, rules, and guidelines of each sport, but practice specific skills related to many of these sports. Students also learn the FITT principles, benefits of fitness, and safety and technique. Students conduct fitness assessments, set goals, 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
 - 1.2 Fitness Analysis
 - 1.3 Getting Fit
- **Unit 2: Sports Participation**
 - 2.1 FITT Principles
 - 2.2 Exercise Safety
 - 2.3 Individual & Dual Sports
- **Unit 3: Outdoor Sports**
 - 3.1 Exploring the Outdoors
 - 3.2 Navigating the Outdoors
- **Unit 4: Racquet Sports**
 - 4.1 Tennis
 - 4.2 Tennis Skills
- **Unit 5: Golf**
 - 5.1 Golf
 - 5.2 Golf Skills
- **Unit 6: Volleyball**
 - 6.1 Volleyball
 - 6.2 Volleyball Skills
- **Unit 7: Staying Active**
 - 7.1 Post Assessment

Within each section students have the following tasks to view or complete:

1. **Game Plan**—an outline of tasks for that section
2. **Lessons**—multimedia lessons about the section topic
3. **Sprint**—links to other online sites with additional information
4. **Team Huddle***—asynchronous class discussion on an assigned topic
5. **Assignment***—section assignment to enforce section concepts
6. **Quiz***—assessment of lesson comprehension
7. **Fitness Log***— a record of your workout sessions for each week

Outdoor Sports

The items marked 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

- 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 were 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

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.

*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).

Outdoor Sports

Recommended Materials

There are no required materials or equipment for this course.

Though not required, you may find it helpful to have access to exercise and strength training equipment, such as weights or a resistance band, as well as a heart rate monitor or watch

Technical Requirements

Please refer to the *Technical Requirements* page in the course for more information.