

Course Syllabus

Course Description

This course gives the student an in-depth view of physical fitness by studying subjects such as: biomechanics, nutrition, exercise programming, and exercise psychology. Students will apply what they learn by participating in a more challenging exercise requirement.

Units & Tasks

This course is divided into the following Units and Sections.

- **Course Introduction**
- **Unit 1: Physical Fitness**
 - 1.1 Fitness Assessment & Goals
 - 1.2 Physical Activity
 - 1.3 Muscular Fitness
- **Unit 2: Biomechanics & Safety**
 - 2.1 Biomechanics
 - 2.2 Exercise Safety
 - 2.3 Injury Treatment
- **Unit 3: Nutrition**
 - 3.1 Weight Management
 - 3.2 Sport Nutrition
- **Unit 4: Exercise Programming Considerations**
 - 4.1 Exercise Programming Considerations
 - 4.2 Special Populations
 - 4.3 Gender Considerations
- **Unit 5: Exercise Psychology**
 - 5.1 Stages of Change
 - 5.2 Health Interventions
 - 5.3 Motivation
- **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 lessons about fitness topics
3. **Sprint**—links to credible sites with additional fitness information
4. **Team Huddle***—class discussion on an assigned topic
5. **Assignment***—section assignment
6. **Quiz***—test your comprehension and understanding of 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 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 60 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

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).

Advanced PE 2

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.