Course Syllabus

Course Description

This course allows for customized exercise requirements based on a student's situation. In addition, students learn the basic skills and information needed to begin a personalized exercise program and maintain an active and healthy lifestyle. Students research the benefits of physical activity, as well as the techniques, principles, and guidelines of exercise to keep them safe and healthy.

Units & Tasks

This course is divided into the following Units and Sections.

- ***Course Introduction***
- ***Unit 1: Fitness Assessment***
    - *1.1 Fitness Assessment*
    - *1.2 Fitness Analysis & Goals*
- ***Unit 2: Know Before You Go***
    - *2.1 Getting Started*
    - *2.2 Warm-Up/Cool Down*
    - *2.3 Posture & Technique*
- ***Unit 3: What is Fitness?***
    - *3.1 What is Fitness?*
    - *3.2 Exercise Benefits*
    - *3.3 Safety & Injury Prevention*
- ***Unit 4: Principles of Fitness***
    - *4.1 Components of Fitness*
    - *4.2 FITT Principles*
    - *4.3 Heart Rate & Intensity*
- ***Unit 5: Diet & Substances***
    - *5.1 Nutrition*
    - *5.2 Weight Management*
    - *5.3 Drugs & Fitness*
- ***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

Because you are taking an adaptive PE course, it is assumed that you may need to make specific adaptations to your academic or physical activities. Below are the exercise recommendations for this course. If you are unable to fulfill the recommendations below, you should consult with your physician, parents/guardians, and instructor to formulate an appropriate Minimum Activity Plan (MAP).

You will need to complete the Minimum Activity Plan worksheet and submit it with a doctor's note to your instructor within the first two weeks of this course.

Exercise Recommendations

- **You should have 12 weeks of physical activity**.
- **Your weekly workouts should equal 3 hours of exercise accumulated over at least three days of the week.**
- **You should include elements of cardio, strength, and flexibility training each week, as outlined below.**

CARDIO, STRENGTH, & FLEXIBILITY RECOMMENDATIONS

CARDIO
- ***Recommended 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 130-180 bpm)

STRENGTH
- ***Recommended 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
- 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
- ***Recommended 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).

Recommended Materials

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. You can find examples of equipment at https://caronelearning.com/equipment/

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: https://get.adobe.com/reader/.

Most assignments require a word processing application. Microsoft Word, Rich-Text Format (RTF), and Google Doc formatted assignments are available. RTF is ideal for word-processing programs that can't read Microsoft Word documents. You will also need a PDF reader, as noted above, to view some of the assignment instructions or examples.

If you do not have a word-processing program, such as Microsoft Word, it is recommended that you download OpenOffice, a free download that includes programs similar to Word, PowerPoint, and Excel, https://www.openoffice.org/download/