Course Syllabus

Units & Tasks

This course is divided into 6 units.

- *Unit 1: Getting Started*
- *Unit 2: What is Fitness?*
- *Unit 3: Safety & Technique*
- *Unit 4: Components of Fitness*
- *Unit 5: Fitness Principles*
- *Unit 6: Diet & Exercise*

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

1. *Game Plan*—an outline of tasks for that section
2. *Lesson*—multimedia online lessons 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**—section assignment
6. *Quiz**—a 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.

Exercise Requirements

In addition to completing written assignments, discussions, and quizzes, you are required to complete six weeks of physical fitness activities for this course.

You are required to complete a *minimum* of FOUR 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 Unit 1 and within your fitness log instructions.

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.

Recommended Materials

Pulse or Heart Rate Monitor
SPRI Resistance Tubing - https://www.spri.com/collections/rubber-resistance

Technical Requirements

The following free downloadable programs are required to view elements of this course.

- Adobe Reader http://get.adobe.com/reader/
- Word Processing Program
    - Microsoft Word http://www.microsoft.com/download/en/default.aspx
    - OpenOffice http://www.openoffice.org/