

Course Syllabus

Course Description

This course provides students with a basic understanding of fitness and nutrition. Students will learn about exercise safety, team and individual sports, nutrition, and the importance of staying active throughout their lifetime. Students conduct fitness assessments, set goals, develop their own fitness program, and participate in weekly physical activity.

Units & Tasks

This course is divided into the following Units and Sections.

- **Course Introduction**
- **Unit 1: Get Moving**
 - 1.1 Getting Started
 - 1.2 Fitness Assessment
 - 1.3 Fitness Analysis
- **Unit 2: Exercise Programming**
 - 2.1 Goal Setting
 - 2.2 Creating an Exercise Program
 - 2.3 Motivation and Cooperation
- **Unit 3: Exercise Technique**
 - 3.1 Warm Up and Cool Down
 - 3.2 Exercise Technique & Proper Posture
- **Unit 4: Foundation of Fitness**
 - 4.1 Components of Fitness
 - 4.2 Principles of Exercise
 - 4.3 Heart Rate and Intensity
- **Unit 5: Fitness**
 - 5.1 What is Fitness?
 - 5.2 Skill vs. Health
 - 5.3 Benefits of 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 online lesson(s) 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/Sport Report***—section assignment or evaluation of a sport
6. **Quiz***—assessment of lesson comprehension
7. **Fitness Log***—a record of your workout sessions for each week

Fitness Basics I

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.

Exercise Requirements

Although this is an online course, the exercise requirements are anything but virtual!

In addition to completing written assignments, discussions, and quizzes, you are required to complete physical fitness activities and pass off specific sports related skills.

Please read through the instructions and documents on the **Exercise Requirements** page before beginning this course. Contact your instructor if you have any questions about the requirements

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.

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.