

Course Syllabus

Course Description

This course takes a more in-depth look at the five components of physical fitness touched on in Fitness Fundamentals 1: muscular strength, endurance, cardiovascular health, flexibility, and body composition. This course allows students to discover new interests as they experiment with a variety of exercises in a non-competitive atmosphere. By targeting different areas of fitness, students increase their understanding of health habits and practices and improve their overall fitness level. Students take a pre- and post-fitness assessment. Throughout this course students also participate in a weekly fitness program involving elements of cardio, strength, and flexibility.

Units & Tasks

This course is divided into the following Units and Sections.

- **Course Introduction**
 - *Course Intro*
- **Unit 1: Fitness Assessment**
 - *1.1 Fitness Assessment*
 - *1.2 Health & Fitness Analysis*
 - *1.3 Goal Setting*
- **Unit 2: Exercise Programming**
 - *2.1 Exercise Programming*
 - *2.2 Aspects of Health*
 - *2.3 Exercise Equipment*
- **Unit 3: Cardiovascular Training**
 - *3.1 Cardio Principles*
 - *3.2 Cardiovascular Exercises*
- **Unit 4: Strength Training**
 - *4.1 Principles of Strength Training*
 - *4.2 Strength Training Exercises*
- **Unit 5: Flexibility Training**
 - *5.1 Principles of Flexibility Training*
 - *5.2 Flexibility Exercises*
- **Unit 6: Nutrition**
 - *6.1 Body Mass Index*
 - *6.2 Diet & Exercise*
- **Unit 7: Post Assessment**
 - *7.1 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***—section assignment
6. **Quiz***—section assessment
7. **Fitness Log***—a record of your workout sessions for each week

Fitness Fundamentals II

**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

1. They are required to have **12 weeks of physical activity for this course.**
2. **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 three 30-minute cardio workouts 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 two 20-minute strength training workouts per week**
- Specify which muscles worked and with what equipment
- You should try to 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

- **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).*

Fitness Fundamentals II

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/>