

Course Syllabus

Course Description

This course is designed to provide students with the basic skills and information needed to begin a personalized exercise program and maintain an active and healthy lifestyle. Students participate in pre- and post fitness assessments in which they measure and analyze their own levels of fitness based on the five components of physical fitness: muscular strength, endurance, cardiovascular fitness, flexibility, and body composition. In this course, students research the benefits of physical activity, as well as the techniques, principles, and guidelines of exercise to keep them safe and healthy. Throughout this course students 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**
- **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

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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 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
- 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).

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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/>