

### Course Syllabus

#### Course Description

This course provides students with an overview of individual sports. Students learn about a variety of sports, yet do an in-depth study of running, walking, strength training, yoga, Pilates, dance, water sports, and cross-training. Students learn the history, rules, and guidelines of each sport, and practice specific skills related to each sport. Students also learn about the components of fitness, FITT principles, benefits of fitness, safety and technique, and good nutrition. Students conduct fitness assessments and participate in weekly physical activity.

#### Units & Tasks

This course is divided into the following Units and Sections.

- **Course Introduction**
- **Unit 1: Getting Started**
  - 1.1 Fitness Assessment & Analysis
  - 1.2 Getting Started
  - 1.3 Exercising Outdoors
- **Unit 2: Fitness & Nutrition Principles**
  - 2.1 Components of Fitness
  - 2.2 Principles of Fitness
  - 2.3 Nutrition
- **Unit 3: Cycling Basics**
  - 3.1 Cycling
  - 3.2 Bike & Helmet Fit
- **Unit 4: Strength Training**
  - 4.1 Strength Training Principles
  - 4.2 Strength Training Guidelines
- **Unit 5: Water Sports**
  - 5.1 Water Safety
  - 5.2 Swimming & Water Skills
- **Unit 6: Cross-Training & Agility**
  - 6.1 Cross-Training
  - 6.2 Drills & Plyometrics
- **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/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

## Intro to Individual Sports II

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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 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.