

Course Description

This one-semester course by Carone Fitness focuses on the fitness components of muscular strength and endurance. Throughout this course students establish their fitness level, set goals, and design their own resistance training program. They study muscular anatomy and learn specific exercises to strengthen each muscle or muscle group. Students focus on proper posture and technique while training. They also gain an understanding of how to apply the FITT principles and other fundamental exercise principles, such as progression and overload, to strength training.

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 Training Plan
- **Unit 2: Principles & Technique**
 - 2.1 Warm Up & Cool Down
 - 2.2 Technique & Safety
 - 2.3 Principles of Strength Training
 - 2.4 Strength Training Equipment
- **Unit 3: Strength Training Exercises**
 - 3.1 Upper Body Strength
 - 3.2 Lower Body Strength
 - 3.3 Core Strength
- **Unit 4: Total Wellness**
 - 4.1 Benefits of Strength Training
 - 4.2 Injury Treatment & Prevention
 - 4.3 Diet & Exercise
 - 4.4 Cross-Training
- **Unit 5: Post Assessment**
 - 5.1 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 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***—test your comprehension of the lessons
7. **Strength & Fitness Log***—a record of your workout sessions for each week

Strength Training

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

In addition to completing written assignments, discussions, and journal entries, you are required to complete physical fitness activities for this course.

You are required to complete a *minimum* of three hours per week of physical fitness activities. Each week’s workouts must include elements of strength training (90 minutes minimum), cardio (60 minutes minimum), and flexibility training.

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.

Parent verification of the Weekly Fitness Logs is required every four weeks. You will not receive additional points for the parent verification. However, you will LOSE points for your fitness logs if the parent verification is not submitted.

Technical Requirements

A PDF reader and a word-processing program are required for this course. It is also recommended that you have either a Flash player or MP4 player. Below you will find links to download free or trial versions of these programs.

- Flash Player, <http://get.adobe.com/flashplayer/>
- Adobe Reader, <http://get.adobe.com/reader/>
- QuickTime MP4 Player, <http://www.apple.com/quicktime/download/>
- Word Processing Programs:
 - Microsoft Word, <http://office.microsoft.com/en-us/try/>
 - Open Office, <http://www.openoffice.org/download/>

Required Materials

If you do *not* have access to a gym or strength training equipment, you will need to purchase resistance bands to complete the required strength training elements of this course.

These products are available at <http://www.caronefitness.com/products2.html>.

- Heart Rate Monitor
- MOVband
- Resistance Band