

# 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 Holistic 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

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5. **Assignment\***—section assignment
6. **Quiz\***—section assessment
7. **Fitness Log\***—a record of your workout sessions for each week

*\*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 over *at least* three different days of the week. Each week’s workouts must include elements of cardio, strength training, and flexibility.** You will be recording your activities and heart rate on a weekly log that you will submit to your instructor. More detailed information about the exercise requirements and your fitness log can be found in the “Course Introduction” section and within your fitness log.

### 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).

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

### Recommended Materials

There are no required materials or equipment for this course. However, the following equipment may be helpful.

- Heart Rate Monitor
- MOVband
- Resistance Band

### 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:

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- Microsoft Word, <http://office.microsoft.com/en-us/try/>
- Open Office, <http://www.openoffice.org/download/>