

Course Syllabus

This course examines basic concepts in fitness that are important for personal fitness, as well as necessary foundational information for any health or exercise career field. Areas of study include musculoskeletal anatomy and physiology, terms of movement, basic biomechanics, health related components of fitness, FITT principles, functional fitness skills, safety and injury prevention, posture and technique, nutrition, and weight management.

Units & Tasks

This course is divided into the following Units and Sections.

- **Course Introduction**
- **Unit 1: Concepts in Fitness**
 - 1.1 Intro to Fitness
 - 1.2 Starting an Exercise Program
 - 1.3 Safety
- **Unit 2: Body Systems**
 - 2.1 Terminology
 - 2.2 Heart, Lungs, and Bones
 - 2.3 The Muscular System
- **Unit 3: Movement**
 - 3.1 Principles of Movement
 - 3.2 Exercise Principles
 - 3.3 Fitness Skills
- **Unit 4: Components of Fitness**
 - 4.1 Cardio Fitness
 - 4.2 Muscular Fitness
 - 4.3 Flexibility
- **Unit 5: Nutrition & Health**
 - 5.1 Body Composition
 - 5.2 Weight Management & Drugs
 - 5.3 Total Health

Within each section you will find the following tasks to view or complete:

1. **Section Checklist**—an outline of tasks for each section
2. **Lesson**—multimedia lessons about the section topic
3. **Field Trip**—links to online sites and articles with additional information
4. **Reflection***—a journal reflection on healthy choices
5. **Discussion***—asynchronous class discussion about an assigned topic
6. **Assignment***—section assignment
7. **Quiz***—assessment of lesson comprehension

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.

Personal Training Concepts

In addition to the tasks noted above, a unit exam will be found at the end of every unit, as well as a comprehensive final exam at the end of the course.

Pacing & Grading

Each section of this course is designed to be completed in about one week's time. However, if you have less time to complete the course, you may need to move through the sections more quickly. Your teacher may also have a set schedule he/she would prefer you to use. Check with your instructor if you have any questions.

Each quiz or assignment is worth a specific amount of points. A final percentage for the course will be determined by points earned divided by points possible. See the detailed Course Schedule and Pacing Guide for more details on points possible and pacing.

Materials

There are no required materials for this course.

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/>