

Course Syllabus

In this course students will explore concepts involving personal fitness, team sports, dual sports, and individual and lifetime sports. Students will focus on health-related fitness as they set goals and develop a program to improve their fitness level through cardio, strength, and flexibility training. In addition, they will learn about biomechanics and movement concepts, as they enhance their level of skill-related fitness. Students will learn about game play concepts and specifically investigate the rules, guidelines, and skills pertaining to soccer, softball, volleyball, tennis, walking and running, dance, and yoga.

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 Starting an Exercise Program
 - 1.3 Safety & Technique
- **Unit 2: Health-Related Fitness**
 - 2.1 Cardiovascular Fitness
 - 2.2 Nutrition
 - 2.3 Muscular Fitness & Flexibility
- **Unit 3: Skill-Related Fitness**
 - 3.1 Principles of Movement
 - 3.2 Game Play
- **Unit 4: Team Sports**
 - 4.1 Soccer
 - 4.2 Baseball/ Softball
 - 4.3 Volleyball
- **Unit 5: Dual & Individual Sports**
 - 5.1 Tennis
 - 5.2 Walking, Hiking, & Running
 - 5.3 Dance, Yoga, & Pilates
- **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 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

The items noted with an asterisk above are those that must be submitted for a grade.

Comprehensive PE

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 quizzes, you are required to complete physical fitness activity each week and pass off specific sports related skills.

You are required to complete a minimum of three hours per week of exercise 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.

You will also have several skills sections throughout this course in which you will focus on learning specific sport-based skills. Many of these skills will require recording yourself via digital video. If there is an issue with this, please contact your instructor to discuss alternate options. More information about these can be found within each sport-specific section 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 Outline and Pacing Guide for more details on points possible and pacing.

Recommended Materials

There are no required materials or equipment for this course. However, the following equipment may be helpful. These products are available at <http://www.caronefitness.com/products2.html>.

- Heart Rate Monitor
- MOVband
- Resistance Band
- Various Sports Equipment: Because students will be performing sports skills, there is various sports equipment that would be helpful for each student to have access to—namely a soccer ball, baseball or softball, baseball glove, baseball bat, volleyball, tennis racquet, tennis ball. However, substitutions can be made. For example, any playground ball can be used for soccer, basketball, and volleyball skills. A whiffle ball and plastic bat or other object can be used for baseball/softball.

Recommended Materials

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/>