

### Course Syllabus

This course focuses on the often-neglected fitness component of flexibility. Students establish their fitness level, set goals, and design their own flexibility training program. They study muscular anatomy and learn specific exercises to stretch 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 to flexibility training. This course explores aspects of static, isometric, and dynamic stretching, as well as touch on aspects of yoga and Pilates. This course also discusses good nutrition and effective cross-training. Students take a pre- and post fitness assessment. Throughout this course students also participate in a weekly fitness program involving flexibility training, as well as elements of cardio and strength training.

### Units & Tasks

This course is divided into the following Units and Sections.

- **Course Introduction**
- **Unit 1: Fitness Assessment**
  - 1.1 Fitness Assessment
  - 1.2 Getting Started
  - 1.3 Training Plan
- **Unit 2: Principles & Technique**
  - 2.1 Anatomy & Physiology
  - 2.2 Principles of Flexibility Training
  - 2.3 Exercise Safety
- **Unit 3: Types of Flexibility Training**
  - 3.1 Static Stretching
  - 3.2 PNF
  - 3.3 Dynamic Stretching
- **Unit 4: Yoga & Pilates**
  - 4.1 Types of Yoga
  - 4.2 Yoga Technique
  - 4.3 Pilates
- **Unit 5: Cross-Training & Nutrition**
  - 5.1 Benefits & Cross-Training
  - 5.2 Nutrition
- **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\***—section assignment
6. **Quiz\***—assessment of lesson comprehension
7. **Flexibility & Fitness Log\***—a record of your workout sessions for each week

## Flexibility Training

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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

In addition to completing written assignments, discussions, and quizzes, 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 flexibility, cardio, strength training.** 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.

### 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

### 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/>