



Online Courses for High School Students
1-888-972-6237

Course Name Personal Fitness
Subject Health / Physical Education
Prerequisites None
Estimated
Completion Time 1 Semester/ 18 Weeks

Course Description The Personal Fitness course requires students to participate in weekly cardiovascular, flexibility and strength and endurance activities.

Scope & Sequence **Module 1: Welcome to Wellville -**
Meet Your Instructor
Grading Rubrics
Selecting Your Pace and Assignment Schedule
Print Weekly Workout Logs for future use
Getting to Know You Discussion

Module 2: Wellville Medical Center -
Medical Questionnaire
Surgeon General's Report on the Benefits of Exercise
Health Related Fitness Activity Assessment Submission #1

Module 3: Wellville Sporting Goods Store -
Safety Considerations when Exercising
Designing a Warmup/Cooldown
Discussion on Common Injuries

Module 4: Wellville Founder's Hill -
Short Term and Long Term Goal Setting
Stress Management
Progressive Relaxation Techniques
Health Related Fitness Activity Assessment Submission #2

Module 5: Wellville Center for Flexibility -
What is Flexibility?
Safety Considerations When Stretching

Beginning Your First Flexibility Class
Application of Training Principles of Flexibility Exercises
Begin Weekly Flexibility Workout Routine

Module 6: Wellville Parks and Recreation -

Why is Cardiovascular Exercise Important?
Determining Your Personal Resting, Target, and Recovery Heart Rates
Discussion on Selecting Appropriate Cardiovascular Exercise Activities
Application of Training Principles of Cardiovascular Exercise
Begin Weekly Cardiovascular Workout Routine and Continue Flexibility Workout Routine

Module 7: Wellville Health Club -

What is Muscular Strength/Endurance?
Developing a Personal Muscular Strength/Endurance Program
Application of Training Principles of Muscular Strength/Endurance Exercises
Begin Weekly Muscular Strength/Endurance Workout Routine and Continue Cardiovascular and Flexibility Workout Routines

Module 8: Wellville Auto Body Shop -

Body Types and Body Composition
Height/Weight Charts
Overweight/Obesity Health Risk Factors and Data
Caloric Intake versus Caloric Expenditure
Healthy Eating and Dieting
Continue Weekly Muscular Strength/Endurance, Cardiovascular and Flexibility Workout Routines

Module 9: Wellville Cafe -

Food and it's Relation to Health
Essential Nutrients (vitamins and minerals)
Water and it's Importance to Good Health
Understanding Food Labels and Your Own Eating Patterns
Continue Weekly Muscular Strength/Endurance, Cardiovascular and Flexibility Workout Routines

Module 10: Chamber of Commerce

Health Related Fitness Activity Assessment - Final Submission
Final Submission of Workout Log of Muscular Strength/Endurance, Cardiovascular and Flexibility Workout Routines
Activity Preferences of People
Prepare for Final Exam

Course Objectives **Outcomes of the Personal Fitness Course:**

- Give students the knowledge and desire to establish personal health and fitness programs.
- Educate and motivate students to want to stay physically active and make healthy lifestyle choices far beyond their high school years.
- Help students realize that regular physical activity will increase their energy level and productivity.
- Provide safe, challenging, and enjoyable activities that will allow students to assess and evaluate their lifestyles.
- Help students to realize that personal fitness is just that -personal-and that their bodies will not be compared to others in any way.
- Help students understand the value of participating in physical activity to promote psychological well-being.
- Help students develop positive attitudes about their physical self-images because they will be making improvements in their programs and lifestyles.
- Help students realize that disease prevention, rather than treatment, can drastically cut health-care costs.
- Give students the confidence to take control of many aspects of their lives.

Grading Policy Grades will be based upon the quality of the student submissions, participation in discussions, and the ability to maintain consistent communication with the instructor. The grading scale that is used for this course is as follows:

- A 90-100
- B 80-89
- C 70-79
- D 60-69
- F 59 or below

All forms of academic dishonesty are prohibited. This includes, but is not limited to, plagiarism, cheating, furnishing false information, forgery, alteration or misuse of documents or software, and misconduct during a testing situation. Any student cheating on an exam will receive a zero on the exam and may be withdrawn from the class at the instructor's discretion.

Communication / Participation Requirements Only through continuous communication can students be successful in an online course. Within each course the instructor outlines the weekly minimum work requirements. It is essential that the student and instructor maintain regular contact. Failure to complete assignments on a consistent basis will result in students being removed from the course.