



# cFitness Academy

by Carone Fitness

Online PE, Health, & Career Courses

## Adaptive PE

This course is designed to teach students the basic principles of fitness and help students establish a regular exercise routine, achieve a base level of fitness, and gain an appreciation for physical activity.

### **UNIT 1: FITNESS ASSESSMENT** (Time Estimate for Content Study 12.5 hours)

- **Section 1.1: Fitness Assessment**
- **Section 1.2: Fitness Analysis & Goals**

#### **Learning Objectives:**

- Explain what area of fitness each test assesses
- Successfully complete a personal self-assessment
- Explain your opinion on the accuracy of fitness assessments
- Analyze your personal fitness assessment according to national standards
- Decipher what areas of fitness you need to improve in
- Describe the steps for setting appropriate goals
- Set fitness goals for the end of the semester

### **UNIT 2: KNOW BEFORE YOU GO** (Time Estimate for Content Study 12.5 hours)

- **Section 2.1: Getting Started**
- **Section 2.2: Warm Up & Cool Down**
- **Section 2.3: Posture & Technique**

#### **Learning Objectives:**

- Explain safe and effective steps for beginning an exercise program
- Describe factors you can use to help you stay motivated
- Analyze what road blocks keep you from exercising and how you might overcome those obstacles
- Create a five week workout schedule
- Begin an exercise program
- Explain the importance of a proper warm-up and cool down.
- Explain the physiologic benefit of warming up and cooling down.
- Describe the proper procedures for warming up and cooling down.
- Perform a proper warm-up and cool down.
- Describe what proper posture is and how to attain it



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- Explain basic rules of technique while exercising
- Identify examples of proper and improper posture and technique
- Demonstrate proper posture and technique while exercising

## **UNIT 3: WHAT IS FITNESS** (Time Estimate for Content Study 12.5 hours)

- **Section 3.1: What is Fitness?**
- **Section 3.2: Exercise Benefits**
- **Section 3.3: Safety & Injury Prevention**

### **Learning Objectives:**

- Explain what it means to be physically fit
- Describe the state of our nation in terms of fitness levels
- Explain the hazards of being physically unfit
- Discuss the influence of media on fitness perceptions
- Promote physical fitness in the community
- List the short and long term benefits of physical fitness
- Recognize the personal benefits you have seen from exercising regularly
- Describe general guidelines for safe and effective exercise
- List tips for safe exercise in hot conditions
- List tips for safe exercise in cold conditions
- Describe ways to prevent injury
- List ways to combat muscle soreness
- List safety rules for a specific sport or activity
- Explain how to treat minor soft tissue injuries
- Discuss risk vs. benefit in terms of physical activity and sports
- Understand the importance of contacting a medical care provider for any concerns

## **UNIT 4: PRINCIPLES OF FITNESS** (Time Estimate for Content Study 12.5 hours)

- **Section 4.1: Principles of Fitness**
- **Section 4.2: FITT Principles**
- **Section 4.3: Heart Rate & Intensity**

### **Learning Objectives:**

- List and describe the five components of physical fitness
- Explain the importance of each component in establishing a balanced exercise routine



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- Modify your current exercise schedule as needed
- List and describe the FITT principles of exercise
- Apply the FITT principles to the five components of fitness
- Explain other basic principles of exercise
- Apply the principles of exercise to your own workout sessions
- Define resting heart rate, maximum heart rate, and target heart rate
- Calculate your own resting heart rate, maximum heart rate, and target heart rate
- Take your heart rate manually
- Explain alternative ways to measure your intensity when exercising

## **UNIT 5: DIET & SUBSTANCES** (Time Estimate for Content Study 12.5 hours)

- **Section 5.1: Nutrition**
- **Section 5.2: Weight Management**
- **Section 5.3: Drugs & Fitness**

### **Learning Objectives:**

- List the food groups outlined by the USDA
- Explain what nutrients each food group provides the body
- Explain the importance of eating a balanced diet
- Analyze your own diet
- Make steps towards improving your diet
- Explain the correlation between energy balance and weight gain or weight loss
- List the steps in calculating your caloric needs
- Calculate your caloric needs
- Explain the effects of tobacco, steroids, and other supplements on physical performance and health
- Describe the detrimental side effects of drugs
- Discuss drug testing regulations
- Research an athlete who was affected by drug use

## **UNIT 6: POST ASSESSMENT** (Time Estimate for Content Study 12.5 hours)

- **Section 6.1: Post Assessment**