



# cFitness Academy

by Carone Fitness

Online PE, Health, & Career Courses

## Intro to Group Sports Semester 2

This course provides students with an overview of group sports. Students learn about a variety of sports, and an in-depth study of soccer and basketball. Students learn not only the history, rules, and guidelines of each sport, but practice specific skills related to each sport. Students also learn about game strategy and the benefits of sports. In addition, students study elements of personal fitness, goal setting, sport safety, and sports nutrition. Students conduct a pre-and post-fitness assessment, as well as participate in weekly physical activity.

This course is recommended for grades 6-8.

### **UNIT 1: GET MOVING** (Time Estimate for Content Study 12.5 hours)

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

- **Section 1.2: Getting Started**

**Learning Objectives:**

- Explain which area of fitness each test assesses
- Successfully complete a personal self-assessment
- Analyze your assessment according to national standards
- Describe important tips for beginning an exercise program
- Explain the FITT principles
- Design a personalized exercise program

### **UNIT 2: SPORTS CULTURE** (Time Estimate for Content Study 12.5 hours)

- **Section 2.1: Sports History & Culture**

- **Section 2.2: Sportsmanship**

**Learning Objectives:**

- Describe how sports culture is perceived in the United States and globally
- Discuss the history of sports and sport spectatorship
- Explain the social benefits of playing or following a sport
- List the most popular sports in the United States
- Define good sportsmanship and explain its importance
- Apply the principles of teamwork and sportsmanship
- Categorize activities within each component of fitness



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## **UNIT 3: NUTRITION & WATER SPORTS** (Time Estimate for Content Study 12.5 hours)

- **Section 3.1: Nutrition & Drug Use**

- **Section 3.2: Water Sports**

**Learning Objectives:**

- Explain the importance of eating a balanced diet
- Analyze the relationship between nutrition and physical activity
- Discuss how drugs can negatively affect one's ability to exercise
- Describe safety procedures for being in or around water
- List and describe various water sports

## **UNIT 4: BASEBALL/SOFTBALL** (Time Estimate for Content Study 12.5 hours)

- **Section 4.1: Baseball/Softball Game Play**

- **Section 4.2: Baseball/Softball & Hand Signs**

- **Section 4.3: Baseball/Softball Skills I**

- **Section 4.4: Baseball/Softball Skills II**

**Learning Objectives:**

- Explain the objective of baseball/softball
- Illustrate appropriate baseball/softball game play
- Explain the history of baseball and softball
- Illustrate appropriate baseball/softball hand signs
- Throwing
- Catching
- Hitting

## **UNIT 5: VOLLEYBALL** (Time Estimate for Content Study 12.5 hours)

- **Section 5.1: Volleyball Guidelines & Game Plan**

- **Section 5.2: Volleyball History & Hand Signs**

- **Section 5.3: Volleyball Skills I**

- **Section 5.4: Volleyball Skills II**

**Learning Objectives:**

- Explain the objective of volleyball
- Describe safety guidelines for volleyball
- Illustrate appropriate volleyball game play
- Explain the history of volleyball



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- Illustrate hand signs for volleyball
- Identify opportunities for physical activity in your community
- Passing
- Setting
- Serving

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

### • **Section 6.1: Post Assessment**

#### **Learning Objectives:**

- Conduct and analyze a personal fitness post assessment
- Identify ways in which a regular fitness routine has improved your lifestyle
- List tips for staying active