## **Detailed Schedule**

This schedule is a recommended pacing chart for the course. It shows the sections, tasks, assignments, and points possible. Each section is designed to be completed in about one week's time for a 16 week course. 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.

**Upload Assignment** = indicates that you must type your assignment in a document or other format, as specified and submit it or upload in the course.

**Electronic Assignment** = indicates that you can type your response directly into the space provided in the course.

Section	Type of Assignment	Assignment	Points Possible	Due Date
Course In	troduction			
Intro	Multimedia Lesson	Course Introduction	n/a	
Intro	Multimedia Lesson	Course Tasks	n/a	
Intro	Discussion	Introduce Yourself	5	
Intro	Quiz	Course Policies Quiz	10	
Intro	Upload Assignment	Course Contract	10	
	ercise Science			
Section 1.	1 Introduction to Exercise Sc	ience		
1.1	Multimedia Lesson	Exercise Science	n/a	
1.1	Multimedia Lesson	History of Physical Fitness	n/a	
1.1	Multimedia Lesson	Health Professionals	n/a	
1.1	Multimedia Lesson	Section Review	n/a	
1.1	Vocabulary Check	Vocabulary Review	n/a	
1.1	Fieldtrip/Online Links	View Additional Links	n/a	
1.1	Skills	Medical History	n/a	
1.1	Skills	PAR-Q	n/a	
1.1	Discussion	Technology	5	
1.1	Upload Assignment	Medical History & PAR-Q	25	
1.1	Section Quiz	Section 1.1 Quiz	20	
Unit 1	Unit Assessment	Unit 1 Assessment	40	
	dy Systems			
Section 2.	1 Terminology			
2.1	Multimedia Lesson	Reference Points	n/a	
2.1	Multimedia Lesson	Terms of Orientation	n/a	
2.1	Multimedia Lesson	Terms of Movement	n/a	
2.1	Multimedia Lesson	Section Review	n/a	
2.1	Vocabulary Check	Vocabulary Review	n/a	
2.1	Fieldtrip/Online Links	View Additional Links	n/a	
2.1	Skills	Goal Setting	n/a	
2.1	Skills	Action Plan	n/a	
2.1	Skills	Action Plan Example	n/a	
2.1	Discussion	Importance of Terminology	5	

## **Exercise Science**

2.1 Section Quiz Section 2.1 Quiz 20  Section 2.2 Skeletal & Muscular Systems  2.2 Multimedia Lesson	2.1	Electronic Assignment	Fitness Action Plan	25		
Section 2.2 Skeletal & Muscular Systems  2.2 Multimedia Lesson The Skeletal System n/a  2.2 Multimedia Lesson Skeletal System & Posture n/a  2.2 Multimedia Lesson The Muscular System n/a  2.2 Multimedia Lesson Muscle Function n/a  2.2 Multimedia Lesson Section Review n/a  2.2 Multimedia Lesson Section Review n/a  2.2 Multimedia Lesson Section Review n/a  2.2 Vocabulary Check Vocabulary Review n/a  2.2 Fieldtrip/Online Links View Additional Links n/a  2.2 Skills Check Skeletal Anatomy n/a  2.2 Skills Check Muscular Anatomy n/a  2.2 Discussion Strength vs Endurance 5  2.2 Electronic Assignment Name that Bone 10  2.2 Electronic Assignment Name that Muscle 15  2.2 Section Quiz Section 2.2 Quiz 20  Section 2.3 Respiratory & Cardiovascular Systems  2.3 Multimedia Lesson Respiratory System n/a  2.3 Multimedia Lesson Cardiovascular System n/a  2.3 Multimedia Lesson Section Review n/a  2.3 Multimedia Lesson Section Review n/a  2.3 Skills Respiratory Anatomy of the Heart n/a  2.3 Skills Respiratory Anatomy n/a  2.3 Section Quiz Section 2.3 Quiz 20  Unit 2 Unit Assessment Unit 2 Assessment 40  Unit 3 Exercise Physiology  Section 3.1 Energy Systems  3.1 Multimedia Lesson Anaerobic Glycolysis n/a		Electronic Assignment				
2.2 Multimedia Lesson The Skeletal System n/a 2.2 Multimedia Lesson Skeletal System n/a 2.2 Multimedia Lesson Skeletal System n/a 2.2 Multimedia Lesson The Muscular System n/a 2.2 Multimedia Lesson Muscle Function n/a 2.2 Multimedia Lesson Section Review n/a 2.2 Multimedia Lesson Section Review n/a 2.2 Vocabulary Check Vocabulary Review n/a 2.2 Fieldtrip/Online Links View Additional Links n/a 2.2 Skills Check Skeletal Anatomy n/a 2.2 Skills Check Muscular Anatomy n/a 2.2 Skills Check Muscular Anatomy n/a 2.2 Discussion Strength vs Endurance 5 2.2 Electronic Assignment Name that Bone 10 2.2 Electronic Assignment Name that Muscle 15 2.2 Section Quiz Section 2.2 Quiz 20  Section 2.3 Respiratory & Cardiovascular Systems 2.3 Multimedia Lesson Respiratory System n/a 2.3 Multimedia Lesson Cardiovascular System n/a 2.3 Multimedia Lesson Section Review n/a 2.3 Multimedia Lesson Section Review n/a 2.3 Fieldtrip/Online Links View Additional Links n/a 2.3 Skills Circulation n/a 2.3 Skills Respiratory Anatomy n/a 2.3 Section Quiz Section 2.3 Quiz 20 Unit 2 Unit Assessment Unit 2 Assessment 40 Unit 3 Exercise Physiology Section 3.1 Energy Systems 3.1 Multimedia Lesson Anaerobic Glycolysis n/a			-	20		
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2.2   Multimedia Lesson   Muscle Function   n/a						
Multimedia Lesson   Muscle Function   n/a						
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2.3 Multimedia Lesson Cardiovascular System n/a 2.3 Multimedia Lesson Anatomy of the Heart n/a 2.3 Multimedia Lesson Section Review n/a 2.3 Vocabulary Check Vocabulary Review n/a 2.3 Fieldtrip/Online Links View Additional Links n/a 2.3 Skills Circulation n/a 2.3 Skills Respiratory Anatomy n/a 2.3 Skills Heart Anatomy n/a 2.3 Discussion Training Effect 5 2.3 Electronic Assignment Cardio & Respiratory Systems 2.3 Section Quiz Section 2.3 Quiz 20 Unit 2 Unit Assessment Unit 2 Assessment 40 Unit 3 Exercise Physiology Section 3.1 Energy Systems 3.1 Multimedia Lesson Energy Systems n/a 3.1 Multimedia Lesson Anaerobic Glycolysis n/a	Section 2.					
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	3.1	Multimedia Lesson	ATP-PC System	n/a		
	3.1	Multimedia Lesson	Anaerobic Glycolysis	n/a		
3.1 Multimedia Lesson Oxygen System n/a	3.1	Multimedia Lesson	Oxygen System	n/a		
3.1 Multimedia Lesson Section Review n/a	3.1	Multimedia Lesson		n/a		
3.1 Vocabulary Check Vocabulary Review n/a	3.1	Vocabulary Check	Vocabulary Review	n/a		
3.1 Fieldtrip/Online Links View Additional Links n/a	3.1	Fieldtrip/Online Links		n/a		
3.1 Skills Posture n/a	3.1	Skills	Posture	n/a		
3.1 Skills Blood Pressure n/a	3.1	Skills	Blood Pressure	n/a		
3.1 Discussion Systems In Action 5		Discussion	Systems In Action			
3.1 Upload Assignment Rate Your Posture 25	3.1	Upload Assignment	,	25		
3.1 Section Quiz Section 3.1 Quiz 20				20		

3.2 Multimedia Lesson	Section 3	2 Muscle Physiology				
3.2   Multimedia Lesson		· · · · · · · · · · · · · · · · · · ·	Classifications	n/a		
3.2   Multimedia Lesson   Section Review   n/a						
3.2   Multimedia Lesson   Section Review   n/a     3.2   Vocabulary Check   Vocabulary Review   n/a     3.2   Fieldtrip/Online Links   View Additional Links   n/a     3.2   Skills   Find Your Pulse   n/a     3.2   Skills   Heart Rate   n/a     3.2   Skills   Measuring Intensity   n/a     3.2   Discussion   Your Fiber Type   5     3.2   Discussion   Your Fiber Type   5     3.2   Upload Assignment   Heart Rate   25     3.2   Section Quiz   Section 3.2 Quiz   20     Section 3.3   Gender Differences   n/a     3.3   Multimedia Lesson   Gender Differences   n/a     3.3   Multimedia Lesson   Gender Revolution   n/a     3.3   Multimedia Lesson   Gender Revolution   n/a     3.3   Vocabulary Check   Vocabulary Review   n/a     3.3   Skills   Evaluating a Gym   n/a     3.3   Skills   Evaluating a Gym   n/a     3.3   Skills   Evercise Equipment   n/a     3.3   Skills   Social Support   n/a     3.3   Skills   Social Support   n/a     3.3   Section Quiz   Section 3.3 Quiz   20     Unit 3   Unit Assessment   Home Gym   25     3.3   Section Quiz   Section 3.3 Quiz   20     Unit 4   Houtimedia Lesson   Biomechanics   n/a     4.1   Multimedia Lesson   Laws of Motion   n/a     4.1   Multimedia Lesson   Biomechanics   n/a     4.1   Multimedia Lesson   Laws of Motion   n/a     4.1   Multimedia Lesson   Laws of Motion   n/a     4.1   Multimedia Lesson   Section Review   n/a     4.1   Skills   Weight Management   n/a     4.2   Multimedia Lesson   Injury Trevention   n/a     4.2   Multimedia Lesson   Section Review   n/a     4.2   Multimedia Les						
3.2						
3.2 Fieldtrip/Online Links View Additional Links n/a 3.2 Skills Find Your Pulse n/a 3.2 Skills Heart Rate n/a 3.2 Skills Measuring Intensity n/a 3.2 Discussion Your Fiber Type 5 3.2 Upload Assignment Heart Rate 25 3.2 Section Quiz Section 3.2 Quiz 20  Section 3.3 Gender Differences 3.3 Multimedia Lesson Gender Revolution n/a 3.3 Multimedia Lesson Gender Revolution n/a 3.3 Multimedia Lesson Section Review n/a 3.3 Vocabulary Check Vocabulary Review n/a 3.3 Skills Evaluating a Gym n/a 3.3 Skills Evaluating a Gym n/a 3.3 Skills Exercise Equipment n/a 3.3 Skills Social Support n/a 3.3 Skills Social Support n/a 3.3 Discussion Cultural Perspective 5 3.3 Upload Assignment Home Gym 25 3.3 Section Quiz Section 3.3 Quiz 20 Unit 3 Unit Assessment Unit 3 Assessment 40 Unit 4 Biomechanics & Safety Section 4.1 Biomechanics 4.1 Multimedia Lesson Biomechanics In Action n/a 4.1 Multimedia Lesson Section Review n/a 4.1 Skills Weight Management n/a 4.1 Section Quiz Section 4.1 Quiz 20 Section 4.2 Multimedia Lesson Injury Prevention 4.2 Multimedia Lesson Injury Prevention n/a 4.2 Multimedia Lesson Injury Treatment n/a						
3.2   Skills   Heart Rate   n/a			•			
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## **Exercise Science**

4.2	Skills	Physical Activity	n/a	
4.2	Discussion	Injury Experience	5	
4.2		My Pyramid Physical	25	
4.2	Upload Assignment	Activity	25	
4.2	Section Quiz	Section 4.2 Quiz	20	
Unit 4	Unit Assessment	Unit 4 Assessment	40	
	ercise Programming	Offic 4 Assessment	40	
	1 Exercise Programming			
5.1	Multimedia Lesson	Exercise Programming	n/a	
5.1	Multimedia Lesson	Mode	n/a	
5.1	Multimedia Lesson	Progression	n/a	
5.1	Multimedia Lesson	Section Review	n/a	
5.1	Vocabulary Check	Vocabulary Review	n/a	
5.1	Fieldtrip/Online Links	View Additional Links	n/a	
5.1	Skills	Cardiovascular Fitness	n/a	
	Discussion	Modes of Exercise	5	
5.1			25	
5.1	Upload Assignment	Cardiovascular Fitness		
5.1	Section Quiz	Section 5.1 Quiz	20	
	2 Components of Physical Fi		n/o	
5.2	Multimedia Lesson	Physical Fitness	n/a	
5.2	Multimedia Lesson	Cardiorespiratory	n/a	
5.2	Multimedia Lesson	Body Composition	n/a	
5.2	Multimedia Lesson	Muscular Fitness	n/a	
5.2	Multimedia Lesson	Flexibility	n/a	
5.2	Multimedia Lesson	Section Review	n/a	
5.2	Vocabulary Check	Vocabulary Review	n/a	
5.2	Fieldtrip/Online Links	View Additional Links	n/a	
5.2	Skills	Muscular Fitness	n/a	
5.2	Discussion	Your Level of Fitness	5	
5.2	Upload Assignment	Muscular Fitness	25	
5.2	Section Quiz	Section 5.2 Quiz	20	
Unit 5	Unit Assessment	Unit 5 Assessment	40	
	nd and Body			
	1 Exercise Psychology	Otamas of Ohamas	/-	
6.1	Multimedia Lesson	Stages of Change	n/a	
6.1	Multimedia Lesson	Cognitive Behavior	n/a	
6.1	Multimedia Lesson	Reinforcement	n/a	
6.1	Multimedia Lesson	Other Therapies	n/a	
6.1	Multimedia Lesson	Relapse Prevention	n/a	
6.1	Multimedia Lesson	Section Review	n/a	
6.1	Vocabulary Check	Vocabulary Review	n/a	
6.1	Fieldtrip/Online Links	View Additional Links	n/a	
6.1	Skills	Flexibility	n/a	
6.1	Discussion	Barriers	5	
6.1	Upload Assignment	Flexibility	25	
6.1	Section Quiz	Section 6.1 Quiz	20	

## **Exercise Science**

Section 6	2 Sports Nutrition			
6.2	Multimedia Lesson	MyPlate	n/a	
6.2	Multimedia Lesson	Essential Nutrients	n/a	
6.2	Multimedia Lesson	Dietary Guidelines	n/a	
6.2	Multimedia Lesson	Sports Nutrition 1	N/a	
6.2	Multimedia Lesson	Sports Nutrition 2	n/a	
6.2	Multimedia Lesson	Section Review	n/a	
6.2	Vocabulary Check	Vocabulary Review	n/a	
6.2	Fieldtrip/Online Links	View Additional Links	n/a	
6.2	Skills	Body Composition	n/a	
6.2	Skills	Body Mass Index	n/a	
6.2	Discussion	Culture & Family Influence	5	
6.2	Upload Assignment	Body Mass Index	25	
6.2	Section Quiz	Section 6.2 Quiz	20	
Unit 6	Unit Assessment	Unit 6 Assessment	40	
	ercise Programming Consid			
	1 Exercise Programming Cor			
7.1	Multimedia Lesson	Myths & Misconceptions	n/a	
7.1	Multimedia Lesson	Health Fads	n/a	
7.1	Multimedia Lesson	Environ. Considerations	n/a	
7.1	Multimedia Lesson	Section Review	n/a	
7.1	Vocabulary Check	Vocabulary Review	n/a	
7.1	Fieldtrip/Online Links	View Additional Links	n/a	
7.1	Skills	Self-efficacy	n/a	
7.1	Discussion	Perfect Environment	5	
7.1	Upload Assignment	Self-efficacy Evaluation	25	
7.1	Section Quiz	Section 7.1 Quiz	20	
Section 7.	2 Special Populations			
7.2	Multimedia Lesson	Special Populations	n/a	
7.2	Multimedia Lesson	Aging	n/a	
7.2	Multimedia Lesson	Obesity & Heart Disease	n/a	
7.2	Multimedia Lesson	Pregnancy & Exercise	n/a	
7.2	Multimedia Lesson	Female Athlete Triad	n/a	
7.2	Multimedia Lesson	Section Review	n/a	
7.2	Vocabulary Check	Vocabulary Review	n/a	
7.2	Fieldtrip/Online Links	View Additional Links	n/a	
7.2	Skills	Exercise Program	n/a	
7.2	Skills	Motivation	n/a	
7.2	Discussion	Nature vs Nurture	5	
7.2	Upload Assignment	Exercise Program	25	
7.2	Section Quiz	Section 7.2 Quiz	20	
Unit 7	Unit Assessment	Unit 7 Assessment	40	