

Exercise Science

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 Introduction				
Intro	Multimedia Lesson	<i>Course Introduction</i>	n/a	
Intro	Multimedia Lesson	<i>Course Tasks</i>	n/a	
Intro	Discussion	Introduce Yourself	5	
Intro	Quiz	Course Policies Quiz	10	
Intro	Upload Assignment	Course Contract	10	
Unit 1 Exercise Science				
Section 1.1 Introduction to Exercise Science				
1.1	Multimedia Lesson	<i>Exercise Science</i>	n/a	
1.1	Multimedia Lesson	<i>History of Physical Fitness</i>	n/a	
1.1	Multimedia Lesson	<i>Health Professionals</i>	n/a	
1.1	Multimedia Lesson	<i>Section Review</i>	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	
Unit 2 Body Systems				
Section 2.1 Terminology				
2.1	Multimedia Lesson	<i>Reference Points</i>	n/a	
2.1	Multimedia Lesson	<i>Terms of Orientation</i>	n/a	
2.1	Multimedia Lesson	<i>Terms of Movement</i>	n/a	
2.1	Multimedia Lesson	<i>Section Review</i>	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	Electronic Assignment	Fitness Action Plan	25	
2.1	Section Quiz	Section 2.1 Quiz	20	
Section 2.2 Skeletal & Muscular Systems				
2.2	Multimedia Lesson	<i>Anatomy</i>	n/a	
2.2	Multimedia Lesson	<i>The Skeletal System</i>	n/a	
2.2	Multimedia Lesson	<i>Skeletal System & Posture</i>	n/a	
2.2	Multimedia Lesson	<i>The Muscular System</i>	n/a	
2.2	Multimedia Lesson	<i>Muscle Function</i>	n/a	
2.2	Multimedia Lesson	<i>Section Review</i>	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	<i>Respiratory System</i>	n/a	
2.3	Multimedia Lesson	<i>Cardiovascular System</i>	n/a	
2.3	Multimedia Lesson	<i>Anatomy of the Heart</i>	n/a	
2.3	Multimedia Lesson	<i>Section Review</i>	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	25	
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	<i>Energy Systems</i>	n/a	
3.1	Multimedia Lesson	<i>ATP-PC System</i>	n/a	
3.1	Multimedia Lesson	<i>Anaerobic Glycolysis</i>	n/a	
3.1	Multimedia Lesson	<i>Oxygen System</i>	n/a	
3.1	Multimedia Lesson	<i>Section Review</i>	n/a	
3.1	Vocabulary Check	Vocabulary Review	n/a	
3.1	Fieldtrip/Online Links	View Additional Links	n/a	
3.1	Skills	Posture	n/a	
3.1	Skills	Blood Pressure	n/a	
3.1	Discussion	Systems In Action	5	
3.1	Upload Assignment	Rate Your Posture	25	
3.1	Section Quiz	Section 3.1 Quiz	20	

Exercise Science

Section 3.2 Muscle Physiology				
3.2	Multimedia Lesson	<i>Classifications</i>	n/a	
3.2	Multimedia Lesson	<i>Muscle Contractions</i>	n/a	
3.2	Multimedia Lesson	<i>Effects of Exercise</i>	n/a	
3.2	Multimedia Lesson	<i>Section Review</i>	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	Upload Assignment	Heart Rate	25	
3.2	Section Quiz	Section 3.2 Quiz	20	
Section 3.3 Gender Differences				
3.3	Multimedia Lesson	<i>Gender Differences</i>	n/a	
3.3	Multimedia Lesson	<i>Gender Revolution</i>	n/a	
3.3	Multimedia Lesson	<i>Section Review</i>	n/a	
3.3	Vocabulary Check	Vocabulary Review	n/a	
3.3	Fieldtrip/Online Links	View Additional Links	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	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	<i>Biomechanics</i>	n/a	
4.1	Multimedia Lesson	<i>Laws of Motion</i>	n/a	
4.1	Multimedia Lesson	<i>Biomechanics In Action</i>	n/a	
4.1	Multimedia Lesson	<i>Section Review</i>	n/a	
4.1	Vocabulary Check	Vocabulary Review	n/a	
4.1	Fieldtrip/Online Links	View Additional Links	n/a	
4.1	Skills	Weight Management	n/a	
4.1	Discussion	Special Abilities	5	
4.1	Upload Assignment	Diet Analysis	25	
4.1	Section Quiz	Section 4.1 Quiz	20	
Section 4.2 Exercise Safety & Injury Prevention				
4.2	Multimedia Lesson	<i>Exercise Safety</i>	n/a	
4.2	Multimedia Lesson	<i>Injury Prevention</i>	n/a	
4.2	Multimedia Lesson	<i>RICE</i>	n/a	
4.2	Multimedia Lesson	<i>Injury Treatment</i>	n/a	
4.2	Multimedia Lesson	<i>Section Review</i>	n/a	
4.2	Vocabulary Check	Vocabulary Review	n/a	
4.2	Fieldtrip/Online Links	View Additional Links	n/a	

Exercise Science

4.2	Skills	Physical Activity	n/a	
4.2	Discussion	Injury Experience	5	
4.2	Upload Assignment	My Pyramid Physical Activity	25	
4.2	Section Quiz	Section 4.2 Quiz	20	
Unit 4	Unit Assessment	Unit 4 Assessment	40	
Unit 5 Exercise Programming				
Section 5.1 Exercise Programming				
5.1	Multimedia Lesson	<i>Exercise Programming</i>	n/a	
5.1	Multimedia Lesson	<i>Mode</i>	n/a	
5.1	Multimedia Lesson	<i>Progression</i>	n/a	
5.1	Multimedia Lesson	<i>Section Review</i>	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	
5.1	Discussion	Modes of Exercise	5	
5.1	Upload Assignment	Cardiovascular Fitness	25	
5.1	Section Quiz	Section 5.1 Quiz	20	
Section 5.2 Components of Physical Fitness				
5.2	Multimedia Lesson	<i>Physical Fitness</i>	n/a	
5.2	Multimedia Lesson	<i>Cardiorespiratory</i>	n/a	
5.2	Multimedia Lesson	<i>Body Composition</i>	n/a	
5.2	Multimedia Lesson	<i>Muscular Fitness</i>	n/a	
5.2	Multimedia Lesson	<i>Flexibility</i>	n/a	
5.2	Multimedia Lesson	<i>Section Review</i>	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	
Unit 6 Mind and Body				
Section 6.1 Exercise Psychology				
6.1	Multimedia Lesson	<i>Stages of Change</i>	n/a	
6.1	Multimedia Lesson	<i>Cognitive Behavior</i>	n/a	
6.1	Multimedia Lesson	<i>Reinforcement</i>	n/a	
6.1	Multimedia Lesson	<i>Other Therapies</i>	n/a	
6.1	Multimedia Lesson	<i>Relapse Prevention</i>	n/a	
6.1	Multimedia Lesson	<i>Section Review</i>	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	<i>MyPlate</i>	n/a	
6.2	Multimedia Lesson	<i>Essential Nutrients</i>	n/a	
6.2	Multimedia Lesson	<i>Dietary Guidelines</i>	n/a	
6.2	Multimedia Lesson	<i>Sports Nutrition 1</i>	N/a	
6.2	Multimedia Lesson	<i>Sports Nutrition 2</i>	n/a	
6.2	Multimedia Lesson	<i>Section Review</i>	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	
Unit 7 Exercise Programming Considerations				
Section 7.1 Exercise Programming Considerations				
7.1	Multimedia Lesson	<i>Myths & Misconceptions</i>	n/a	
7.1	Multimedia Lesson	<i>Health Fads</i>	n/a	
7.1	Multimedia Lesson	<i>Environ. Considerations</i>	n/a	
7.1	Multimedia Lesson	<i>Section Review</i>	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	<i>Special Populations</i>	n/a	
7.2	Multimedia Lesson	<i>Aging</i>	n/a	
7.2	Multimedia Lesson	<i>Obesity & Heart Disease</i>	n/a	
7.2	Multimedia Lesson	<i>Pregnancy & Exercise</i>	n/a	
7.2	Multimedia Lesson	<i>Female Athlete Triad</i>	n/a	
7.2	Multimedia Lesson	<i>Section Review</i>	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	