

Fitness Fundamentals I

Course Outline & Pacing Guide

This outline 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	Multimedia Lesson	<i>Fitness Log</i>	n/a	
Intro	Team Huddle/Discussion	Introduce Yourself	5	
Intro	Quiz	Intro Quiz	10	
Intro	Upload Assignment	Course Contract	10	
Unit 1 Fitness Assessment				
Section 1.1 Fitness Assessment				
1.1	Multimedia Lesson	<i>Fitness Assessment</i>	n/a	
1.1	Sprint/Online Links	View Additional Links	n/a	
1.1	Team Huddle/Discussion	Fitness Assessments	5	
1.1	Upload Assignment	Fitness Assessment	20	
1.1	Quiz	Quiz 1.1	20	
Section 1.2 Fitness Analysis & Goals				
1.2	Multimedia Lesson	<i>Fitness Analysis</i>	n/a	
1.2	Multimedia Lesson	<i>Goal Setting</i>	n/a	
1.2	Sprint/Online Links	View Additional Links	n/a	
1.2	Team Huddle/Discussion	Holistic Health	5	
1.2	Upload Assignment	Fitness Analysis	20	
1.2	Quiz	Quiz 1.2	20	
1.2	Upload Assignment	Weekly Fitness Log	45	
Unit 2 Know Before You Go				
Section 2.1 Getting Started				
2.1	Multimedia Lesson	<i>Getting Started</i>	n/a	
2.1	Multimedia Lesson	<i>Motivation</i>	n/a	
2.1	Sprint/Online Links	View Additional Links	n/a	
2.1	Team Huddle/Discussion	Road Blocks	5	
2.1	Upload Assignment	Work Out Schedule	20	
2.1	Quiz	Quiz 2.1	20	
2.1	Upload Assignment	Weekly Fitness Log	45	
Section 2.2 Warm Up & Cool Down				

Fitness Fundamentals I

2.2	Multimedia Lesson	<i>Movement</i>	n/a	
2.2	Multimedia Lesson	<i>Motion</i>	n/a	
2.2	Multimedia Lesson	<i>Warm Up</i>	n/a	
2.2	Multimedia Lesson	<i>Cool Down</i>	n/a	
2.2	Sprint/Online Links	View Additional Links	n/a	
2.2	Team Huddle/Discussion	Favorite Sport	5	
2.2	Electronic Assignment	Sports Magazine Article	20	
2.2	Quiz	Quiz 2.2	20	
2.2	Upload Assignment	Weekly Fitness Log	45	
Section 2.3 Posture & Technique				
2.3	Multimedia Lesson	<i>Proper Posture</i>	n/a	
2.3	Multimedia Lesson	<i>Exercise Technique</i>	n/a	
2.3	Multimedia Lesson	<i>Posture & Exercise</i>	n/a	
2.3	Sprint/Online Links	View Additional Links	n/a	
2.3	Team Huddle/Discussion	Too Much Exercise	5	
2.3	Upload Assignment	Demonstrate Posture	20	
2.3	Quiz	Quiz 2.3	20	
2.3	Upload Assignment	Weekly Fitness Log	45	
	Email Check Point	Parent Verification	**	
	Electronic Assignment	Fitness Checkpoint	5	
Unit 3 What is Fitness?				
Section 3.1 What is Fitness?				
3.1	Multimedia Lesson	<i>What is Fitness?</i>	n/a	
3.1	Multimedia Lesson	<i>Shape of the Nation</i>	n/a	
3.1	Multimedia Lesson	<i>Skill vs. Health</i>	n/a	
3.1	Sprint/Online Links	View Additional Links	n/a	
3.1	Team Huddle/Discussion	Media Portrayals	5	
3.1	Upload Assignment	Advertisement	20	
3.1	Quiz	Quiz 3.1	20	
3.1	Upload Assignment	Weekly Fitness Log	45	
Section 3.2 Exercise Benefits				
3.2	Multimedia Lesson	<i>Benefits of Fitness</i>	n/a	
3.2	Multimedia Lesson	<i>Sportsmanship</i>	n/a	
3.2	Sprint/Online Links	View Additional Links	n/a	
3.2	Team Huddle/Discussion	Diversity & Inclusion	5	
3.2	Electronic Assignment	Benefits Summaries	20	
3.2	Quiz	Quiz 3.2	20	
3.2	Upload Assignment	Weekly Fitness Log	45	
Section 3.3 Safety & Injury Prevention				
3.3	Multimedia Lesson	<i>Safety Guidelines</i>	n/a	
3.3	Multimedia Lesson	<i>Exercising in Heat</i>	n/a	
3.3	Multimedia Lesson	<i>Exercising in Cold</i>	n/a	
3.3	Multimedia Lesson	<i>Muscle Soreness</i>	n/a	
3.3	Multimedia Lesson	<i>Minor Injuries</i>	n/a	
3.3	Sprint/Online Links	View Additional Links	n/a	
3.3	Team Huddle/Discussion	Extreme Sports	5	

Fitness Fundamentals I

3.3	Electronic Assignment	Sport Safety	20	
3.3	Quiz	Quiz 3.3	20	
3.3	Upload Assignment	Weekly Fitness Log	45	
Unit 4 Principles of Fitness				
Section 4.1 Components of Fitness				
4.1	Multimedia Lesson	<i>Components of Fitness</i>	n/a	
4.1	Multimedia Lesson	<i>Cardiovascular Fitness</i>	n/a	
4.1	Multimedia Lesson	<i>Strength & Endurance</i>	n/a	
4.1	Multimedia Lesson	<i>Flexibility</i>	n/a	
4.1	Multimedia Lesson	<i>Body Composition</i>	n/a	
4.1	Sprint/Online Links	View Additional Links	n/a	
4.1	Team Huddle/Discussion	Eating Disorders	5	
4.1	Upload Assignment	Modify Workout Plan	20	
4.1	Quiz	Quiz 4.1	20	
4.1	Upload Assignment	Weekly Fitness Log	45	
	Email Check Point	Parent Verification	**	
	Electronic Assignment	Fitness Checkpoint	5	
Section 4.2 FITT Principles				
4.2	Multimedia Lesson	<i>FITT Principles</i>	n/a	
4.2	Multimedia Lesson	<i>Applying FITT Principles</i>	n/a	
4.2	Multimedia Lesson	<i>Principles of Exercise</i>	n/a	
4.2	Sprint/Online Links	View Additional Links	n/a	
4.2	Team Huddle/Discussion	Agreeing on Differences	5	
4.2	Upload Assignment	Exercise Brochure	20	
4.2	Quiz	Quiz 4.2	20	
4.2	Upload Assignment	Weekly Fitness Log	45	
Section 4.3 Heart Rate & Intensity				
4.3	Multimedia Lesson	<i>Heart Rate</i>	n/a	
4.3	Multimedia Lesson	<i>Measuring Intensity</i>	n/a	
4.3	Sprint/Online Links	View Additional Links	n/a	
4.3	Team Huddle/Discussion	Competition	5	
4.3	Upload Assignment	Heart Rate Experiment	20	
4.3	Quiz	Quiz 4.3	20	
4.3	Upload Assignment	Weekly Fitness Log	45	
Unit 5 Diet & Substances				
Section 5.1 Nutrition				
5.1	Multimedia Lesson	<i>MyPlate</i>	n/a	
5.1	Multimedia Lesson	<i>Dietary Guidelines</i>	n/a	
5.1	Sprint/Online Links	View Additional Links	n/a	
5.1	Team Huddle/Discussion	Social/Emotional Eating	5	
5.1	Upload Assignment	Daily Food Plan	10	
5.1	Electronic Assignment	Diet Analysis	10	
5.1	Quiz	Quiz 5.1	20	
5.1	Upload Assignment	Weekly Fitness Log	45	
Section 5.2 Weight Management				
5.2	Multimedia Lesson	<i>Weight Management</i>	n/a	

Fitness Fundamentals I

5.2	Multimedia Lesson	<i>Myths & Misconceptions</i>	n/a	
5.2	Sprint/Online Links	View Additional Links	n/a	
5.2	Team Huddle/Discussion	Body Image & Pressure	5	
5.2	Upload Assignment	Caloric Needs	20	
5.2	Quiz	Quiz 5.2	20	
5.2	Upload Assignment	Weekly Fitness Log	45	
	Email Check Point	Parent Verification	**	
	Electronic Assignment	Fitness Checkpoint	5	
Section 5.3 Drugs & Fitness				
5.3	Multimedia Lesson	<i>Drugs & Exercise</i>	n/a	
5.3	Sprint/Online Links	View Additional Links	n/a	
5.3	Team Huddle/Discussion	Drug Testing	5	
5.3	Electronic Assignment	Athlete Bio	20	
5.3	Quiz	Quiz 5.3	20	
5.3	Upload Assignment	Weekly Fitness Log	*Optional	
Unit 6 Post Assessment				
Section 6.1 Post Assessment				
6.1	Multimedia Lesson	<i>Post Assessment</i>	n/a	
6.1	Multimedia Lesson	<i>Staying Active</i>	n/a	
6.1	Team Huddle/Discussion	Making a Difference	5	
6.1	Upload Assignment	Post Assessment	35	
6.1	Upload Assignment	Weekly Fitness Log	*Optional	

*Only 12 Weekly Fitness Logs are required throughout the semester. Optional days to submit a weekly log are included for make-up, in case of missed weeks, or extra credit.

**Parent verification of the Weekly Fitness Logs is required every four weeks. The student will not receive additional points for the parent verification. However, the student will LOSE points for his/her fitness logs if the parent verification is not submitted.