

Fitness Fundamentals II

Course Outline & Pacing Guide

This outline contains all the sections, tasks, and assignments for this course. It also identifies which tasks should be submitted for a grade and the maximum points possible per assignment or quiz.

This course was designed to be taken in a linear fashion. Students should initially review the materials under Course Home and the Course Introduction, then completed in the order specified.

There are 16 total sections in the course. Each section is designed to be completed in about one week's time. However, if you have less time to complete the course, you may need to move through the sections more quickly. Your instructor may also have a set schedule he/she would prefer you to follow. Check with your instructor if you have any questions.

Section	Type of Assignment	Assignment	Points Possible	Due Date
Course Introduction				
Intro	Multimedia Lesson	Course Introduction	n/a	
Intro	Multimedia Lesson	Course Tasks	n/a	
Intro	Multimedia Lesson	Exercise Requirements	n/a	
Intro	Multimedia Lesson	Fitness Log	n/a	
Intro	Team Huddle/Discussion	Introduce Yourself	5	
Intro	Quiz	Intro Quiz	10	
Intro	Assignment	Course Contract	10	
Unit 1 Fitness Assessment				
Section 1.1 Fitness Assessment				
1.1	Multimedia Lesson	Fitness Assessment	n/a	
1.1	Sprint/Online Links	View Additional Links	n/a	
1.1	Team Huddle/Discussion	Fitness Assessments	5	
1.1	Assignment	Fitness Assessment	20	
1.1	Quiz	Quiz 1.1	10	
Section 1.2 Health & Fitness Analysis				
1.2	Multimedia Lesson	Fitness Analysis	n/a	
1.2	Multimedia Lesson	Risk Factors	n/a	
1.2	Sprint/Online Links	View Additional Links	n/a	
1.2	Team Huddle/Discussion	Workout Environment	5	
1.2	Assignment	Fitness Analysis	20	
1.2	Quiz	Quiz 1.2	20	
1.2	Assignment	Fitness Log 1	45	
Section 1.3 Goal Setting				
1.3	Multimedia Lesson	Finding Time For Fitness	n/a	
1.3	Multimedia Lesson	Goal Setting	n/a	
1.3	Sprint/Online Links	View Additional Links	n/a	
1.3	Team Huddle/Discussion	Strongest Areas of Fitness	5	
1.3	Assignment	Goal Setting	20	

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1.3	Quiz	Quiz 1.3	20	
1.3	Assignment	Fitness Log 2	45	
Unit 2 Exercise Programming				
Section 2.1 Exercise Programming				
2.1	Multimedia Lesson	Create an Exercise Program	n/a	
2.1	Sprint/Online Links	View Additional Links	n/a	
2.1	Team Huddle/Discussion	Health Career	5	
2.1	Assignment	Workout Schedule	20	
2.1	Quiz	Quiz 2.1	20	
2.1	Assignment	Fitness Log 3	45	
Section 2.2 Holistic Health				
2.2	Multimedia Lesson	Holistic Health	n/a	
2.2	Sprint/Online Links	View Additional Links	n/a	
2.2	Team Huddle/Discussion	Effects of Fitness	5	
2.2	Assignment	Venn Diagram	20	
2.2	Quiz	Quiz 2.2	20	
2.2	Assignment	Fitness Log 4	45	
	Email Check Point	Parent Verification	**	
	Assignment	Fitness Checkpoint	5	
Section 2.3 Exercise Equipment				
2.3	Multimedia Lesson	Strength Training Equipment	n/a	
2.3	Multimedia Lesson	Cardio Equipment	n/a	
2.3	Multimedia Lesson	Core Equipment	n/a	
2.3	Sprint/Online Links	View Additional Links	n/a	
2.3	Team Huddle/Discussion	Favorite Equipment	5	
2.3	Assignment	Home Gym	20	
2.3	Quiz	Quiz 2.3	20	
2.3	Assignment	Fitness Log 5	45	
Unit 3 Cardiovascular Training				
Section 3.1 Cardio Principles				
3.1	Multimedia Lesson	Aerobic vs. Anaerobic	n/a	
3.1	Multimedia Lesson	FITT Cardio Principles	n/a	
3.1	Multimedia Lesson	Cardio Guidelines	n/a	
3.1	Multimedia Lesson	Target Zone	n/a	
3.1	Sprint/Online Links	View Additional Links	n/a	
3.1	Team Huddle/Discussion	Couch Potato	5	
3.1	Assignment	Sport PowerPoint	20	
3.1	Quiz	Quiz 3.1	20	
3.1	Assignment	Fitness Log 6	45	
Section 3.2 Cardiovascular Exercises				
3.2	Multimedia Lesson	Benefits of Cardio Exercise	n/a	
3.2	Multimedia Lesson	Cardio Exercises	n/a	
3.2	Sprint/Online Links	View Additional Links	n/a	
3.2	Team Huddle/Discussion	Workout Preferences	5	
3.2	Assignment	Try a New Exercise	20	

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3.2	Quiz	Quiz 3.2	20	
3.2	Assignment	Fitness Log 7	45	
Unit 4 Strength Training				
Section 4.1 Principles of Strength Training				
4.1	Multimedia Lesson	FITT Principles of Strength	n/a	
4.1	Multimedia Lesson	Strength Training Guidelines	n/a	
4.1	Multimedia Lesson	Strength Training Principles	n/a	
4.1	Sprint/Online Links	View Additional Links	n/a	
4.1	Team Huddle/Discussion	Creatine	5	
4.1	Assignment	Modify Workout Plan	20	
4.1	Quiz	Quiz 4.1	20	
4.1	Assignment	Fitness Log 8	45	
	Email Check Point	Parent Verification	**	
	Assignment	Fitness Checkpoint	5	
Section 4.2 Strength Training Exercises				
4.2	Multimedia Lesson	Benefits of Strength Training	n/a	
4.2	Multimedia Lesson	Upper Body Exercises	n/a	
4.2	Multimedia Lesson	Lower Body Exercises	n/a	
4.2	Multimedia Lesson	Core Exercises	n/a	
4.2	Sprint/Online Links	View Additional Links	n/a	
4.2	Team Huddle/Discussion	Strength Training & Women	5	
4.2	Assignment	Personal Training Session	20	
4.2	Quiz	Quiz 4.2	20	
4.2	Assignment	Fitness Log 9	45	
Unit 5 Flexibility Training				
Section 5.1 Principles of Flexibility Training				
5.1	Multimedia Lesson	FITT Flexibility Principles	n/a	
5.1	Sprint/Online Links	View Additional Links	n/a	
5.1	Team Huddle/Discussion	Sports and Personality	5	
5.1	Assignment	Cross-Training Poster	20	
5.1	Quiz	Quiz 5.1	20	
5.1	Assignment	Fitness Log 10	45	
Section 5.2 Flexibility Exercises				
5.2	Multimedia Lesson	Stretches	n/a	
5.2	Sprint/Online Links	View Additional Links	n/a	
5.2	Team Huddle/Discussion	Exercising When Sick	5	
5.2	Assignment	Personal Training Plan	20	
5.2	Quiz	Quiz 5.2	20	
5.2	Assignment	Fitness Log 11	45	
Unit 6 Nutrition				
Section 6.1 Body Mass Index				
6.1	Multimedia Lesson	Body Mass Index	n/a	
6.1	Sprint/Online Links	View Additional Links	n/a	
6.1	Team Huddle/Discussion	Women in Sports	5	
6.1	Assignment	Body Mass Index	20	
6.1	Quiz	Quiz 6.1	20	

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6.1	Assignment	Fitness Log 12	45	
	Email Check Point	Parent Verification	**	
	Assignment	Fitness Checkpoint	5	
Section 6.2 Diet & Exercise				
6.2	Multimedia Lesson	Essential Nutrients	n/a	
6.2	Multimedia Lesson	Carbohydrates & Exercise	n/a	
6.2	Multimedia Lesson	Protein & Exercise	n/a	
6.2	Multimedia Lesson	Fats & Exercise	n/a	
6.2	Sprint/Online Links	View Additional Links	n/a	
6.2	Team Huddle/Discussion	Dieting Opinions	5	
6.2	Assignment	Food Diary	20	
6.2	Quiz	Quiz 6.2	20	
6.2	Assignment	Fitness Log 13	*Optional	
Unit 7 Post Assessment				
Section 7.1 Post Assessment				
7.1	Multimedia Lesson	Post Assessment	n/a	
7.1	Multimedia Lesson	Staying Active	n/a	
7.1	Team Huddle/Discussion	Making a Difference	5	
7.1	Assignment	Post Assessment	35	
7.1	Assignment	Fitness Log 14	*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.