

## Flexibility Training

### Course Outline & Pacing Guide

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.

Section	Type of Assignment	Assignment	Points Possible	Due Date
<b>Course Introduction</b>				
Intro	Multimedia Lesson	<i>Course Introduction</i>	n/a	
Intro	Multimedia Lesson	<i>Course Tasks</i>	n/a	
Intro	Multimedia Lesson	<i>Fitness &amp; Flexibility Log</i>	n/a	
Intro	Team Huddle/Discussion	Introduce Yourself	5	
Intro	Quiz	Intro Quiz	10	
Intro	Assignment	Course Contract	10	
<b>Unit 1 Fitness Assessment</b>				
<b>Section 1.1 Fitness Assessment</b>				
1.1	Multimedia Lesson	<i>Fitness Assessment</i>	n/a	
1.1	Multimedia Lesson	<i>Flexibility Assessment</i>	n/a	
1.1	Multimedia Lesson	<i>Fitness Analysis</i>	n/a	
1.1	Sprint/Online Links	View Additional Links	n/a	
1.1	Team Huddle/Discussion	Fitness Assessment	5	
1.1	Assignment	Fitness Assessment & Analysis	20	
1.1	Quiz	Quiz 1.1	10	
<b>Section 1.2 Getting Started</b>				
1.2	Multimedia Lesson	<i>Getting Started</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	Goal Sharing	5	
1.2	Assignment	Goal Setting	20	
1.2	Quiz	Quiz 1.2	20	
1.2	Assignment	Weekly Fitness Log	45	
<b>Section 1.3 Training Plan</b>				
1.3	Multimedia Lesson	<i>Training Plan</i>	n/a	
1.3	Multimedia Lesson	<i>Motivation</i>	n/a	
1.3	Sprint/Online Links	View Additional Links	n/a	
1.3	Team Huddle/Discussion	Motivation	5	
1.3	Assignment	Work Out Schedule	20	
1.3	Quiz	Quiz 1.3	20	
1.3	Assignment	Weekly Fitness Log	45	
<b>Unit 2: Principles &amp; Technique</b>				
<b>Section 2.1 Anatomy &amp; Physiology</b>				
2.1	Multimedia Lesson	<i>Types of Flexibility</i>	n/a	
2.1	Multimedia Lesson	<i>Anatomy &amp; Physiology</i>	n/a	

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2.1	Multimedia Lesson	<i>Flexibility Factors</i>	n/a	
2.1	Sprint/Online Links	View Additional Links	n/a	
2.1	Team Huddle/Discussion	Flexibility Factors	5	
2.1	Assignment	Rate Your Posture	20	
2.1	Quiz	Quiz 2.1	20	
2.1	Assignment	Weekly Fitness Log	45	
<b>Section 2.2 Principles of Flexibility Training</b>				
2.2	Multimedia Lesson	<i>FITT Principles</i>	n/a	
2.2	Multimedia Lesson	<i>Principles of Exercise</i>	n/a	
2.2	Multimedia Lesson	<i>Flexibility Equipment</i>	n/a	
2.2	Sprint/Online Links	View Additional Links	n/a	
2.2	Team Huddle/Discussion	Equipment	5	
2.2	Assignment	Flexible Benefits	20	
2.2	Quiz	Quiz 2.2	20	
2.2	Assignment	Weekly Fitness Log	45	
	Email Check Point	Parent Verification	**	
	Assignment	Fitness Checkpoint	5	
<b>Section 2.3 Exercise Safety</b>				
2.3	Multimedia Lesson	<i>Exercise Technique</i>	n/a	
2.3	Multimedia Lesson	<i>Stretching Safety</i>	n/a	
2.3	Multimedia Lesson	<i>Contraindicated Stretches</i>	n/a	
2.3	Sprint/Online Links	View Additional Links	n/a	
2.3	Team Huddle/Discussion	Safety Precautions	5	
2.3	Assignment	Flexibility Equipment	20	
2.3	Quiz	Quiz 2.3	20	
2.3	Assignment	Weekly Fitness Log	45	
<b>Unit 3: Types of Flexibility Training</b>				
<b>Section 3.1 Static Stretching</b>				
3.1	Multimedia Lesson	<i>Passive Stretching</i>	n/a	
3.1	Multimedia Lesson	<i>Static-Active Stretching</i>	n/a	
3.1	Sprint/Online Links	View Additional Links	n/a	
3.1	Team Huddle/Discussion	Involving Others	5	
3.1	Assignment	Sport Report: Passive & Static Stretching	20	
3.1	Quiz	Quiz 3.1	20	
3.1	Assignment	Weekly Fitness Log	45	
<b>Section 3.2 PNF</b>				
3.2	Multimedia Lesson	<i>Isometric Stretching</i>	n/a	
3.2	Multimedia Lesson	<i>PNF/Assisted Stretching</i>	n/a	
3.2	Sprint/Online Links	View Additional Links	n/a	
3.2	Team Huddle/Discussion	Exercise Preferences	5	
3.2	Assignment	Modify Workout Schedule	20	
3.2	Quiz	Quiz 3.2	20	
3.2	Assignment	Weekly Fitness Log	45	
<b>Section 3.3 Dynamic Stretching</b>				
3.3	Multimedia Lesson	<i>Dynamic Stretching</i>	n/a	

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3.3	Sprint/Online Links	View Additional Links	n/a	
3.3	Team Huddle/Discussion	Avoiding Conflict	5	
3.3	Assignment	Sport Report: Dynamic Stretching	20	
3.3	Quiz	Quiz 3.3	20	
3.3	Assignment	Weekly Fitness Log	45	
	Email Check Point	Parent Verification	**	
	Assignment	Fitness Checkpoint	5	
<b>Unit 4: Yoga &amp; Pilates</b>				
<b>Section 4.1 Types of Yoga</b>				
4.1	Multimedia Lesson	<i>Yoga</i>	n/a	
4.1	Multimedia Lesson	<i>Types of Yoga</i>	n/a	
4.1	Sprint/Online Links	View Additional Links	n/a	
4.1	Team Huddle/Discussion	Favorite Activities	5	
4.1	Assignment	Flexibility Sport Brochure	20	
4.1	Quiz	Quiz 4.1	20	
4.1	Assignment	Weekly Fitness Log	45	
<b>Section 4.2 Yoga Technique</b>				
4.2	Multimedia Lesson	<i>Yoga Technique</i>	n/a	
4.2	Multimedia Lesson	<i>Benefits of Yoga</i>	n/a	
4.2	Sprint/Online Links	View Additional Links	n/a	
4.2	Team Huddle/Discussion	Mind & Body	5	
4.2	Assignment	Sport Report: Yoga	20	
4.2	Quiz	Quiz 4.2	20	
4.2	Assignment	Weekly Fitness Log	45	
<b>Section 4.3 Pilates</b>				
4.3	Multimedia Lesson	<i>Pilates</i>	n/a	
4.3	Multimedia Lesson	<i>Pilates Technique</i>	n/a	
4.3	Multimedia Lesson	<i>Benefits of Pilates</i>	n/a	
4.3	Sprint/Online Links	View Additional Links	n/a	
4.3	Team Huddle/Discussion	Creative Exercise	5	
4.3	Assignment	Sport Report: Pilates	20	
4.3	Quiz	Quiz 4.3	20	
4.3	Assignment	Weekly Fitness Log	45	
<b>Unit 5: Cross-Training &amp; Nutrition</b>				
<b>Section 5.1 Benefits &amp; Cross-Training</b>				
5.1	Multimedia Lesson	<i>Benefits</i>	n/a	
5.1	Multimedia Lesson	<i>Cross-Training</i>		
5.1	Sprint/Online Links	View Additional Links	n/a	
5.1	Team Huddle/Discussion	Benefits of Exercise	5	
5.1	Assignment	Sport Report: Cross-Training	20	
5.1	Quiz	Quiz 5.1	20	
5.1	Assignment	Weekly Fitness Log	45	
	Email Check Point	Parent Verification	**	
	Assignment	Fitness Checkpoint	5	

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Section 5.2 Nutrition				
5.2	Multimedia Lesson	<i>MyPlate</i>	n/a	
5.2	Multimedia Lesson	<i>Dietary Guidelines</i>	n/a	
5.2	Sprint/Online Links	View Additional Links	n/a	
5.2	Team Huddle/Discussion	Effects of Nutrition	5	
5.2	Assignment	Food Diary	20	
5.2	Quiz	Quiz 5.2	20	
5.2	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>Flexibility Assessment</i>	n/a	
6.1	Multimedia Lesson	<i>Flexibility for Life</i>	n/a	
6.1	Team Huddle/Discussion	Making a Difference	5	
6.1	Assignment	Post Assessment	40	
6.1	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.