

Individual Sports

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
Course Introduction				
Intro	Multimedia Lesson	<i>Course Introduction</i>	n/a	
Intro	Multimedia Lesson	<i>Course Tasks</i>	n/a	
Intro	Multimedia Lesson	<i>Exercise Requirements</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	Assignment	Course Contract	10	
Unit 1 Getting Started				
Section 1.1 Fitness Assessment & Analysis				
1.1	Multimedia Lesson	<i>Fitness Assessment</i>	n/a	
1.1	Multimedia Lesson	<i>Fitness Analysis</i>	n/a	
1.1	Multimedia Lesson	<i>Goal Setting</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	20	
1.1	Quiz	Quiz 1.1	20	
Section 1.2 Getting Started				
1.2	Multimedia Lesson	<i>Getting Started</i>	n/a	
1.2	Multimedia Lesson	<i>Creating an Exercise Program</i>	n/a	
1.2	Sprint/Online Links	View Additional Links	n/a	
1.2	Team Huddle/Discussion	Exercise Pitfalls	5	
1.2	Assignment	Create a Workout Schedule	20	
1.2	Quiz	Quiz 1.2	20	
1.2	Assignment	Weekly Fitness Log	45	
Section 1.3 Safety & Injury Prevention				
1.3	Multimedia Lesson	<i>Warm Up</i>	n/a	
1.3	Multimedia Lesson	<i>Cool Down</i>	n/a	
1.3	Multimedia Lesson	<i>Safety Guidelines</i>	n/a	
1.3	Sprint/Online Links	View Additional Links	n/a	
1.3	Team Huddle/Discussion	Risk vs. Benefit	5	
1.3	Assignment	Magazine Article	20	
1.3	Quiz	Quiz 1.3	20	
1.3	Assignment	Weekly Fitness Log	45	
Unit 2 Fitness Principles				

Individual Sports

Section 2.1 Components of Fitness				
2.1	Multimedia Lesson	<i>Components of Fitness</i>	n/a	
2.1	Multimedia Lesson	<i>Cardio</i>	n/a	
2.1	Multimedia Lesson	<i>Strength</i>	n/a	
2.1	Multimedia Lesson	<i>Flexibility</i>	n/a	
2.1	Multimedia Lesson	<i>Body Composition</i>	n/a	
2.1	Sprint/Online Links	View Additional Links	n/a	
2.1	Team Huddle/Discussion	Fitness Components	5	
2.1	Assignment	Components of Fitness	20	
2.1	Quiz	Quiz 2.1	20	
2.1	Assignment	Weekly Fitness Log	45	
Section 2.2 Principles of Fitness				
2.2	Multimedia Lesson	<i>FITT Principles</i>	n/a	
2.2	Multimedia Lesson	<i>Principles of Exercise</i>	n/a	
2.2	Sprint/Online Links	View Additional Links	n/a	
2.2	Team Huddle/Discussion	Family That Plays Together	5	
2.2	Assignment	Sport Brochure	20	
2.2	Quiz	Quiz 2.2	20	
2.2	Assignment	Weekly Fitness Log	45	
	Email Check Point	Parent Verification	**	
	Assignment	Fitness Checkpoint	5	
Section 2.3 Principles of Movement				
2.3	Multimedia Lesson	<i>Motion</i>	n/a	
2.3	Multimedia Lesson	<i>Movement</i>	n/a	
2.3	Sprint/Online Links	View Additional Links	n/a	
2.3	Team Huddle/Discussion	Workout Preferences	5	
2.3	Assignment	Benefits of Exercise	20	
2.3	Quiz	Quiz 2.3	20	
2.3	Assignment	Weekly Fitness Log	45	
Unit 3 Life Time Sports I				
Section 3.1 Individual Sports				
3.1	Multimedia Lesson	<i>Individual Sports I</i>	n/a	
3.1	Multimedia Lesson	<i>Individual Sports II</i>	n/a	
3.1	Sprint/Online Links	View Additional Links	n/a	
3.1	Team Huddle/Discussion	Favorite Sport	5	
3.1	Assignment	Modify Exercise Program	20	
3.1	Quiz	Quiz 3.1	20	
3.1	Assignment	Weekly Fitness Log	45	
Section 3.2 Walking & Running				
3.2	Multimedia Lesson	<i>Walking Technique</i>	n/a	
3.2	Multimedia Lesson	<i>Hiking</i>	n/a	
3.2	Multimedia Lesson	<i>Proper Running Form</i>	n/a	
3.2	Sprint/Online Links	View Additional Links	n/a	
3.2	Team Huddle/Discussion	Racing Stripes	5	
3.2	Assignment	Sport Report: Walk/Run	20	
3.2	Quiz	Quiz 3.2	20	

Individual Sports

3.2	Assignment	Weekly Fitness Log	45	
Section 3.3 Strength Training				
3.3	Multimedia Lesson	<i>FITT Principles of Strength</i>	n/a	
3.3	Multimedia Lesson	<i>Strength Training Guidelines</i>	n/a	
3.3	Multimedia Lesson	<i>Strength Training Benefits</i>	n/a	
3.3	Sprint/Online Links	View Additional Links	n/a	
3.3	Team Huddle/Discussion	Girl Power	5	
3.3	Assignment	Sport Report: Strength	20	
3.3	Quiz	Quiz 3.3	20	
3.3	Assignment	Weekly Fitness Log	45	
	Email Check Point	Parent Verification	**	
	Assignment	Fitness Checkpoint	5	
Unit 4 Life Time Sports II				
Section 4.1 Yoga				
4.1	Multimedia Lesson	<i>Yoga</i>	n/a	
4.1	Multimedia Lesson	<i>Yoga Technique</i>	n/a	
4.1	Multimedia Lesson	<i>Benefits of Yoga</i>	n/a	
4.1	Sprint/Online Links	View Additional Links	n/a	
4.1	Team Huddle/Discussion	Mind & Body	5	
4.1	Assignment	Sport Report: Yoga	20	
4.1	Quiz	Quiz 4.1	20	
4.1	Assignment	Weekly Fitness Log	45	
Section 4.2 Cycling				
4.2	Multimedia Lesson	<i>Cycling</i>	n/a	
4.2	Multimedia Lesson	<i>Bike Safety</i>	n/a	
4.2	Multimedia Lesson	<i>Helmet Fit</i>	n/a	
4.2	Multimedia Lesson	<i>Bike Fit</i>	n/a	
4.2	Sprint/Online Links	View Additional Links	n/a	
4.2	Team Huddle/Discussion	Motivation	5	
4.2	Assignment	Sport Report: Cycling	20	
4.2	Quiz	Quiz 4.2	20	
4.2	Assignment	Weekly Fitness Log	45	
Section 4.3 Dance				
4.3	Multimedia Lesson	<i>Rhythm & Dance</i>	n/a	
4.3	Sprint/Online Links	View Additional Links	n/a	
4.3	Team Huddle/Discussion	Dance, Dance, Dance	5	
4.3	Assignment	Sport Report: Dance	20	
4.3	Quiz	Quiz 4.3	20	
4.3	Assignment	Weekly Fitness Log	45	
Unit 5 Total Health				
Section 5.1 Cross-Training				
5.1	Multimedia Lesson	<i>Cross-Training</i>	n/a	
5.1	Sprint/Online Links	View Additional Links	n/a	
5.1	Team Huddle/Discussion	Nurture vs. Nature	5	
5.1	Assignment	Sport Report: Conditioning	20	
5.1	Quiz	Quiz 5.1	20	

Individual Sports

5.1	Assignment	Weekly Fitness Log	45	
	Email Check Point	Parent Verification	**	
	Assignment	Fitness Checkpoint	5	
Section 5.2 Nutrition				
5.2	Multimedia Lesson	<i>MyPlate</i>	n/a	
5.2	Multimedia Lesson	<i>Body Mass Index</i>	n/a	
5.2	Sprint/Online Links	View Additional Links	n/a	
5.2	Team Huddle/Discussion	Food Habits	5	
5.2	Assignment	Body Mass Index	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>Staying Active</i>	n/a	
6.1	Sprint/Online Links	View Additional Links	n/a	
6.1	Team Huddle/Discussion	Making a Difference	5	
6.1	Assignment	Post Assessment	35	
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.