Syllabus & Pacing

1.) Course Description

Fitness for Life is an individualized and concept-based course. This is a one-semester, 0.5 credit course designed to give students the knowledge and skills necessary to self-assess, create, conduct, evaluate, and redesign personal fitness programs.

Fitness for Life may be taken anytime during grades nine through twelve, but it is strongly recommended that students take the class in either the ninth or tenth grade. The course is a combination of classroom- and activity-based learning activities, with a focus on proper nutrition and the mastery of skills and concepts necessary for students to be able to monitor their own personal lifetime fitness. Through participation, students learn to compare the fitness benefits in a variety of individual and team activities.

2.) Course Requirements

Course Materials

All courses require you to have access to a working computer and Internet access.

All coursework will be completed and graded through this digital learning management system, known as Spark.

Course Requirements

Students are required to do all testing on a computer.

All assignments will be graded through Spark.

3.) Activity Logs

In this online course, students will be physically involved in practical and written assignments. They will keep activity logs of their physical activity throughout the course. These logs will be worth 30 percent of the grade. This assignment, along with the course material, will help them design their own fitness program. They will need to print a set of **six** log sheets per quarter, and number them one through six for the first quarter, or 7–12 for the second quarter**.** All six activity logs must be complete (six per quarter) before credit will be issued.

- A parent or guardian signature is required on every log, so they will need to scan or photograph them to create an electronic image and attach it.
- *Fitness for Life* requires students to participate in **aerobic exercise at least three times a week**, just as they would in any physical education class.

Aerobic means continuous activity that keeps your heart rate at **60–90 percent of its maximum**.

4.) Grade Breakdown

Grading Procedures

A 94-100%	C 73-76%
A- 90-93%	C- 70-72%
B+ 87-89%	D+ 67-69%
B 83-87%	D 63-66%
B- 80-82%	D- 59-63%

C+ 77-79% F 58% or below

Grade Weight Groups:

- Assignments: 30%
- Activity Logs: 30%
- Post-Assessment: 20%
- Quizzes: 20%

Parents and guardians will be able to view their student's progress through Spark.

5.) Pacing Guide

Tentative Course Schedule

Students will be allowed to complete the course at a pace that best suits them. The students will be responsible for completing and turning in all assignments according to their individual needs.

There are 11 units in each term/quarter. A student may choose to go FASTER, than the minimum pace. Below is a suggested pacing guide. However, make sure to look at your school's deadlines, to ensure that you are completing courses on track. This is a 12-week pacing guide but can be done quicker.

Week 1	Unit: Welcome
Week 2	Unit: Introduction to Fitness & Goal Setting
Week 3	Unit: Getting Started with Exercise
Week 4	Unit: Flexibility & Mobility
Week 5	Unit: Cardiovascular Fitness
Week 6	Unit: Muscular Strength & Endurance
Week 7	Unit: Body Composition & Weight Management
Week 8	Unit: Nutrition & Your Health
Week 9	Unit: Designing Your Own Fitness Program
Week 10	Unit: Stress
Week 11	Unit: Stress Management
Week 12	Post- Assessment Course Evaluation

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