

Fitness For Life

Syllabus



Course Description

Fitness for Life is a course that focuses on teaching students how to build a functional fitness program. The goal of this course is to teach students how to include elements of physical, social, emotional, and nutritional health. Students will learn about overall wellness, which includes mental and emotional health. Students will learn about nutrition, stress reduction, and the important role nutritional choices play in wellness. Students will learn about cardio, HIIT exercises, strength training, safety with exercising, and how to create a personal fitness plan. Hopefully, students will gain the knowledge to commit to exercising and fitness for a lifetime.

Prerequisites

There are no prerequisites for this course.

Course Materials and Technology

There are no textbooks for this course.

Besides a computer to complete assignments, students will need a phone with a camera to videotape themselves demonstrating proper technique with exercises in three modules. Students will need access to a fitness app on their phones. There are many free apps that will work for the course. Students will be keeping track of their food intake, sleep, exercise, etc. and taking screen shots of their progress to submit as evidence for course assignments.

Due Dates

The due dates in the course are only suggestions to help the students pace themselves. Students do *not* need to complete assignments, quizzes, and exams by the due date set in the course.



Course Outcomes

As students complete the course assignments, they will increase their knowledge, improve a 21st-century skill, and develop an attribute.

Knowledge: Fitness for Life

In this course, *knowledge* refers to the subject matter and content students will learn while completing the readings, practices, quizzes, and assignments.

On successful completion of this course, students will be able to do the following:

1. Create a personal snack plan, using nutritional knowledge gained in the course.
2. Use knowledge gained in the course to develop a 30 day personal fitness plan with cardio exercises and strength training.
3. Develop a strength training program for upper, lower, and full body muscles.

21st-Century Skill: Critical Thinking: Information & Discovery

As students complete this course's assignments, they will gain skills in *Information & Discovery*. This skill is part of Critical Thinking. As students gain new information, they will be required to discover strategies that will help them eat better, reduce stress, exercise more carefully, integrate cardio and HIIT exercises, and implement strength training exercises into their personal fitness program.

The following modules contain skill assignments:

- Module 4: Wellness Check 1
- Module 6: Nutritional Plan Assignment
- Module 7: Wellness Check 2
- Module 11: Wellness Check 3
- Module 15: Wellness Check 4

Attribute: Resilience

This course focuses on developing the attribute of *resilience* in the context of Fitness for Life. Resilience is not giving up. When things get tough, people who are resilient, stay focused, recommit, remain on track, and see things through. When it comes to exercise and living a healthy lifestyle, resilience is needed because there are many peaks and valleys along the way.

The following modules contain teachings on resilience:

- Course Introduction KSA: Define resilience
- Module 4: Discover resilience
- Module 9: Apply resilience
- Module 15: Reflect on resilience



Grading and Assignments

The letter grade in this course will be based on these assignments and exams.

Assignments and Exams

Assignment or Exam	Grading	Percent of Total Grade
Study Guides	Teacher-Graded	15%
Assignments	Teacher-Graded	40%
Free-Response Assignments	Teacher-Graded	10%
Module Quizzes	Computer-Graded	5%
Midcourse Quiz	Computer-Graded	10%
Final Exam	Computer-Graded	20%

Study Guides

Students will have a study guide for each module. There are 3 lessons per module (sometimes 4 lessons) and the study guide is an opportunity to take notes on the most important information in each module. Completed study guides will be submitted at the end of each module. The study guides will be a way to help students prepare for each module's quiz, the midcourse quiz, and also the final exam. Study guides will be computer graded. It is in students' best interest to submit these study guides completed for the best results on quizzes and exams.

Assignments

The following assignments will be due in their respective modules. These are all teacher-graded assignments.

- Module 3: Personal and Family History Assignment
- Module 4: Wellness Check 1 (Skill)
- Module 6: Nutritional Plan Assignment (Skill)
- Module 7: Wellness Check 2 (Skill)
- Module 11: Cultural Sports Research Assignment
- Module 11: Wellness Check 3 (Skill)
- Module 15: Wellness Check 4 (Skill)

Free-Response Assignments

There are a few assignments that require open responses. These include:

- Module 10: HIIT Demonstration Heart Rate
- Module 10: Lesson 3: Demonstrate Competency with Chosen HIIT Exercises (Video Submission)
- Module 13: Upper Body Muscles Video Submission
- Module 14: Lower Body Muscles Video Submission

Module Quizzes

There are quizzes in every module. Students may use notes for all quizzes. Quizzes are computer graded.

Midcourse Quiz

The computer-graded quiz will be required in **Module 8** and will cover the material up to the midcourse quiz. The questions on the midcourse quiz will be similar in format to the questions on the modules quizzes and the final exam.

Final Exam

Students must take the final exam (**Module 16**).

Course Grade

The letter grade will be calculated according to these percentages.

Percent to Letter Grade Calculation	
A	100%–93%
A–	<93%–90%
B+	<90%–87%
B	<87%–83%
B–	<83%–80%

C+	<80%–77%
C	<77%–73%
C–	<73%–70%
D+	<70%–67%
D	<67%–63%
D–	<63%–60%
F (fail)	<60%–0%