

Course Syllabus

Description:

Discover habits of body and mind that will lead to a healthier lifestyle. You will measure your current fitness level and nutrition knowledge and create a plan for achieving your individual goals.

Estimated Completion Time: 1 segments / 16-18 weeks.

Major Topics and Concepts:

Segment I:

Module 01: Move Strong

- 01.00 Move Strong Pretest
- 01.01 The Fit Life
- 01.02 Stay Safe
- 01.03 Fitness Tracking
- 01.04 Training and Conditioning
- 01.05 Goals and Gains
- 01.06 Cardiorespiratory Fitness
- 01.07 Focus on Flexibility
- 01.08 Upper Body Upgrade
- 01.09 Concrete Core
- 01.10 Lower Body Strengthening
- 01.11 Discussion-Based Assessment
- 01.12 Move Strong Module Exam

Module 02: Live Well

- 02.00 Live Well Pretest
- 02.01 Sleep Don't Stress
- 02.02 Individual and Dual Sports
- 02.03 Recreation and Adventure
- 02.04 Team Sports
- 02.05 Strategy: It's in the Game
- 02.06 Play with Integrity
- 02.07 Proper Form
- 02.08 Shop Smart
- 02.09 World of Workouts
- 02.10 Sports: The Universal Language
- 02.11 Discussion-Based Assessment
- 02.12 Live Well Module Exam

Module 03: Eat Healthy

- 03.00 Eat Healthy Pretest
- 03.01 Get Fit with Food
- 03.02 Nutritional Needs
- 03.03 The Truth Behind the Label
- 03.04 What Do You Eat?
- 03.05 Eat Like an Athlete
- 03.06 What Are You Made Of?
- 03.07 What Does "Diet" Mean?

- 03.08 Grocery Store Games
- 03.09 Discussion-Based Assessment
- 03.10 Segment Exam

Course Assessment and Participation Requirements:

To achieve success, students are expected to submit work in each course weekly. Students can learn at their own pace; however, “any pace” still means that students must make progress in the course every week. To measure learning, students complete self-checks, practice lessons, multiple choice questions, projects, discussion-based assessments, and discussions. Students are expected to maintain regular contact with teachers; the minimum requirement is monthly. When teachers, students, and parents work together, students are successful.

