

Course Syllabus

Description:

Team sports, extreme sports, and outdoor sports are among the types of activities students learn about and participate in during this course! This interactive, highly animated course helps students learn safety rules for exercise, how to improve skills, and how to establish and accomplish goals. It also provides an overview of many dual, team, extreme, and outdoor sports.

Students have the opportunity to earn a national award by participating in the Presidential Fitness Challenge. Practicing game strategy to improve the chance of winning in competition, improving sport skill and performance, diversity in sports, nutrition, peer pressure, and making good choices balance out the topics students discover in this course. Fitness logs help students monitor physical activities. Students complete projects that lead to the knowledge, skills, and values they need to implement and maintain a physically active lifestyle.

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

Major Topics and Concepts:

Segment I: Fitness Zone

- 01.01 Getting Started
- 01.02 Introduction to Physical Fitness
- 01.03 Safety First
- 01.04 Warming Up and Cooling Down
- 01.05 Health-Related Components of Fitness
- 01.06 Cardiovascular Activity
- 01.07 Heart Rate and Exercise
- 01.08 FITT Training Principles

Skill Zone

- 02.01 Do You Have Skills?
- 02.02 Speed, Agility, and Reaction Time
- 02.03 Balance and Coordination
- 02.04 Power
- 02.05 Body Mechanics
- 02.06 Play by the Rules
- 02.07 Aquatics
- 02.08 Outdoor Pursuits

Team Zone

- 03.01 Playing With Others
- 03.02 Be a Good Sport
- 03.03 Dual Activities
- 03.04 Alternative and Extreme Activities
- 03.05 Team Sports
- 03.06 Winning Strategies

Lifestyle Zone

- 04.01 Fitness Opportunities
- 04.02 Getting to Your Goals

- 04.03 Peer Pressure
- 04.04 Sportsmanship
- 04.05 Diversity Through Sports
- 04.06 Nutrition

Health Zone

- 05.01 Health Risks
- 05.02 Health Information, Products, and Services
- 05.03 Making Healthy Decisions
- 05.04 Enhancing One's Health
- 05.05 Positive and Negative Health Influences from Family, Peers, and Culture
- 05.06 Positive Health Choices

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.



Print