

### Course Description:

This course teaches students about the importance of physical activity and personal fitness, aspects of sport and recreation, and healthy eating habits. Throughout the course, students are expected to evaluate their own fitness, design an exercise plan, and track their results.

### Course Objectives:

- Distinguish between fitness and wellness by explaining the unique benefits of each.
- Evaluate the risks of inactivity by explaining the connection between exercise and disease.
- Evaluate different fitness and exercise options by comparing their advantages and disadvantages.
- Compare different fitness and exercise equipment by discussing the benefits and limits of each.
- Describe the five components of fitness by highlighting the importance of each.
- Evaluate the qualities of a good sportsperson by examining the social and cultural role of sports in everyday life.
- Explain the rules of popular sports with regard to scoring and how to win in each sport.
- Analyze offensive and defensive strategies of popular sports by detailing similarities and differences across sports.
- Evaluate the injury risks associated with each popular sport by describing common injuries and ways to minimize injury risk.
- Describe the unique physical abilities required for popular sports by detailing the physical demands of each sport.
- Describe how exercise protects health by examining the short-term and long-term physical changes caused by exercise.
- Explain strategies for measuring health by describing specific tests for measuring heart rate, blood pressure, and body composition.
- Explain strategies for measuring fitness by describing specific tests for measuring strength, flexibility, and cardiorespiratory endurance.
- Describe the key elements of an exercise program by evaluating the benefits of warm-ups, cardio endurance training, resistance training, and cooldowns.
- Identify strategies for protecting against exercise-related injuries by describing causes of sprains and strains.
- Identify strategies for exercising safely in all environmental conditions by describing the impact of temperature and altitude on the human body.
- Analyze why some people do not exercise, and examine the daily schedules of sample people.
- Evaluate the effectiveness of influences that can get people to exercise by highlighting the characteristics of each influence.
- Examine the transtheoretical model of change to analyze how people can make long-term changes in their behavior.
- Evaluate the effectiveness of methods that can get people to continue exercise programs by relating each method to human behavior.
- Discuss how setting proper goals can enhance exercise adherence by comparing the characteristics of different types of goals.
- Analyze the traits of a good leader by relating various actions taken by leaders to the specific outcomes of the actions.

- Evaluate how the human body functions by examining human metabolism and relating it to energy requirements.
- Discuss basic food groups by relating each food group to specific functions in the human body.
- Evaluate the need for vitamins and minerals by examining the effects of each vitamin or mineral on the body.
- Analyze why people use performance enhancing drugs by examining the effects of drugs on the human body.
- Analyze how meals should be planned while doing regular exercise by matching the requirements of exercise with the major food groups.
- Discuss the importance of weight management by identifying the effects of obesity on the human body.
- Evaluate the effectiveness of various weight management programs by highlighting their characteristics.

### Required Materials:

In course.

### Course Overview:

#### Unit 1: Introduction to Fitness

##### Videos:

- Health Status of the United States (Lesson 1)
- Wearable Technology (Lesson 3)
- NEAT (non-exercise activity thermogenesis) (Lesson 4)
- Five Components of Fitness (Lesson 5)

##### Texts:

- Lesson 1: Defining Wellness and Fitness; Physical Activity and Chronic Disease; Physical Activity and Injury Rates
- Lesson 2: Health Clubs and Non-profit Centers; In-home and Outdoor Opportunities; Online Fitness Resources
- Lesson 3: Cardio Equipment; Strength-training Machines, Cable Machines, and Elastic Resistance; Barbells, Dumbbells, Kettlebells, and Medicine Balls
- Lesson 4: Endurance Activities; Yoga, Pilates, and Group Exercise; Strength Training
- Lesson 5: Body Composition; Flexibility; Cardiorespiratory Endurance; Muscular Endurance and Muscular Strength

##### Key Terms

**Workbook Problems** (lessons 1-5, two questions each)

**Discussion Board** (lessons 1-5)

**Checkpoint** (lessons 1-4, 10 questions each)

**Unit 1 Exam** (lesson 5, 15 questions)

**Project: Physical Activity Log** (lessons 1-5)

## **Unit 2: Sport and Recreation**

### **Videos:**

- History of Games, Sports, and Dance (Lesson 6)

### **Texts:**

- Lesson 6: Rules, Fair Play, and Cheating; Etiquette and Bullying; Diversity and Multiculturalism
- Lesson 7: Football, Basketball, and Baseball; Hockey and Soccer; Combat Sports
- Lesson 8: Golf; Tennis and Volleyball; Badminton and Table Tennis
- Lesson 9: Dance; Gymnastics; Cheerleading
- Lesson 10: Hiking and Obstacle Races; Endurance Races; Swimming and Water Polo

### **Key Terms**

**Workbook Problems** (lessons 6-10, two questions each)

**Discussion Board** (lessons 6-10)

**Checkpoint** (lessons 6-9, 10 questions each)

**Unit 2 Exam** (lesson 10, 15 questions)

**Project: Physical Activity Log** (lessons 6-10)

## **Unit 3: Exercise Testing and Program Design**

### **Videos:**

- Health Benefits of Physical Activity (Lesson 11)
- Chest Exercises (Lesson 14)
- Back Exercises, (Lesson 14)
- Leg Exercises (Lesson 14)

- Shoulder Exercises (Lesson 14)
- Arm Exercises (Lesson 14)
- Safety During Physical Activity (Lesson 15)

**Texts:**

- Lesson 11: Cardiorespiratory Health; Musculoskeletal Health; Psychological Benefits of Exercise
- Lesson 12: Pre-participation Health Screening; Heart Rate and Blood Pressure; BMI and Waste to Hip Ratio; Body Composition Assessment
- Lesson 13: Flexibility Assessments; Cardiorespiratory Assessments; Muscular Endurance Assessments
- Lesson 14: Warm-up and Cool-down; Physical Activity Guidelines for Americans; Cardiorespiratory Exercise Guidelines; Resistance Training Guidelines
- Lesson 15: Sprains, Strains, and Common Injuries; Active and Passive Recovery Methods; Exercise in Heat, Humidity, and Cold; Exercise at Altitude and in Pollution

**Key Terms**

**Workbook Problems** (lessons 11-15, two questions each)

**Discussion Board** (lessons 11-15)

**Checkpoint** (lessons 11-14, 10 questions each)

**Unit 3 Exam** (lesson 15, 15 questions)

**Project:** Physical Activity Log (lessons 11-15)

**Unit 4: Behavior Modification****Videos:**

- Common Barriers to Exercise (Lesson 16)
- Intro to Stages of Change (Lesson 17)
- Defining Goals (Lesson 19)

**Texts:**

- Lesson 16: Kinds of Support; Group Influences on Exercise; Exercise Impact on College and Career Productivity
- Lesson 17: Stages of Change Model; Applying the Transtheoretical Model

- Lesson 18: Exercise Adherence and Self-efficacy; Cognitive Strategies; Behavioral Strategies; Stress Management
- Lesson 19: SMART Goals; Skills Activity: Critiquing Goals
- Lesson 20: Defining Leadership; Leadership Styles; Intrapersonal and Interpersonal Skills; Resolving Conflict

**Key Terms****Workbook Problems** (lessons 16-20, two questions each)**Discussion Board** (lessons 16-20)**Checkpoint** (lessons 16-19, 10 questions each)**Unit 4 Exam** (lesson 20, 15 questions)**Project: Physical Activity Log** (lessons 16-20)**Unit 5: Nutrition and Weight Management****Videos:**

- Calorie Guessing Game (Lesson 21)
- MyPlate/Dietary Guidelines for Americans (Lesson 24)

**Texts:**

- Lesson 21: Energy Balance; Daily Energy Needs; Estimating Energy Needs
- Lesson 22: Carbohydrates; Protein; Lipids; Water
- Lesson 23: Vitamins/Minerals; Supplements; Performance Enhancing Drugs
- Lesson 24: Portion Distortion; Frequently Asked Questions; Pre/Post Meal Planning (Snack Plan)
- Lesson 25: Fitness, Nutrition, and Body Composition; Fad Diets and Gimmicks; Judging Media and Marketing Claims; Eating Disorders

**Key Terms****Workbook Problems** (lessons 21-25, two questions each)**Discussion Board** (lessons 21-25)**Checkpoint** (lessons 21-24, 10 questions each)**Unit 5 Exam** (lesson 25, 15 questions)

**Project: Physical Activity Log** (lessons 21-25)

**Unit 6: Review and Final Exam**

***Lesson 26 – Unit 1 Review***

Lesson 1 Review; Lesson 2 Review; Lesson 3 Review; Lesson 4 Review; Lesson 5 Review

Discussion Board

Project: Physical Activity Log

***Lesson 27 – Unit 2 Review***

Lesson 6 Review; Lesson 7 Review; Lesson 8 Review; Lesson 9 Review; Lesson 10 Review

Discussion Board

Project: Physical Activity Log

***Lesson 28 – Unit 3 Review***

Lesson 11 Review; Lesson 12 Review; Lesson 13 Review; Lesson 14 Review; Lesson 15 Review

Discussion Board

Project: Physical Activity Log

***Lesson 29 – Unit 4 Review***

Lesson 16 Review; Lesson 17 Review; Lesson 18 Review; Lesson 19 Review; Lesson 20 Review

Discussion Board

Project: Physical Activity Log

***Lesson 30 – Unit 5 Review & Final Exam***

Lesson 21 Review; Lesson 22 Review; Lesson 23 Review; Lesson 24 Review; Lesson 25 Review

Discussion Board

Project: Physical Activity Log (final submission)

Final Exam

End of Course

