

Fitness Fundamentals 1

Carone Learning Category: Foundations

Subject: Physical Education

Recommended Grade Level: 9-12

Course Credit: One semester, 0.5 credits (5 units in CA)

Recommended Pre-Requisites: None

Course Description

This course is designed to provide students with the basic skills and information needed to begin a personalized exercise program and maintain an active and healthy lifestyle. Students participate in pre- and post fitness assessments in which they measure and analyze their own levels of fitness based on the five components of physical fitness: muscular strength, endurance, cardiovascular fitness, flexibility, and body composition. In this course, students research the benefits of physical activity, as well as the techniques, principles, and guidelines of exercise to keep them safe and healthy. Throughout this course students participate in a weekly fitness program involving elements of cardio, strength, and flexibility training.

Units & Tasks

This course is divided into the following Units and Sections.

- **Course Introduction**
- **Unit 1: Fitness Assessment**
 - 1.1 Fitness Assessment
 - 1.2 Fitness Analysis & Goals
- **Unit 2: Know Before You Go**
 - 2.1 Getting Started
 - 2.2 Warm-Up/Cool Down
 - 2.3 Posture & Technique
- **Unit 3: What is Fitness?**
 - 3.1 What is Fitness?
 - 3.2 Exercise Benefits
 - 3.3 Safety & Injury Prevention
- **Unit 4: Principles of Fitness**
 - 4.1 Components of Fitness
 - 4.2 FITT Principles
 - 4.3 Heart Rate & Intensity
- **Unit 5: Diet & Substances**
 - 5.1 Nutrition
 - 5.2 Weight Management
 - 5.3 Drugs & Fitness
- **Unit 6: Post Assessment**
 - 6.1 Post Assessment

Within each section students will find the following tasks to view or complete:

Fitness Fundamentals I

1. **Game Plan**—an outline of tasks for that section
2. **Lesson**—multimedia lessons about fitness topics
3. **Sprint**—links to credible sites with additional fitness information
4. **Team Huddle***—class discussion on an assigned topic
5. **Assignment***—section assignment
6. **Quiz***—test your comprehension and understanding of the lessons
7. **Fitness Log***—a record of your workout sessions for each week

The items noted with an asterisk above are those that must be submitted for a grade.

Pacing

There are 16 sections in this course. Each section is designed to be completed in about one week's time. However, students may take more or less time as needed. A recommended pacing guide is provided within the course.

Exercise Requirements

12 weeks of exercise at 3 hours per week is required for this course. An accelerated course version is available that requires 8 weeks of exercise at 4 hours per week. All fitness logs require at least ONE form of verification, which can be provided by a supervising adult, a MOVband device, or a Polar heart rate monitor.

Exercise Library

This course includes complimentary access to Carone Learning's Exercise Library, with pictures, videos, and descriptions of almost 300 exercises. The library is searchable by exercise type, muscle group, or equipment (including resistance bands, weights, exercise balls, or no equipment at all).

Parent & Teacher Guides

Parent and teacher guides available.

Additional Materials

There are no required textbooks or materials for this course. Access to exercise equipment is recommended, but not required. The following equipment is available through Carone Learning,

- Polar Heart Rate Monitor
- MOVband

Technical Requirements

An internet connection and computer or tablet hardware is required. Software requirements include a PDF reader, word-processing application (such as Word), MP4/video player, and Flash player (optional). Free downloadable software is available for each of these.