

Fitness Fundamentals 2

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: Fitness Fundamentals 1

Course Description

This course takes a more in-depth look at the five components of physical fitness touched on in Fitness Fundamentals 1: muscular strength, endurance, cardiovascular health, flexibility, and body composition. This course allows students to discover new interests as they experiment with a variety of exercises in a non-competitive atmosphere. By targeting different areas of fitness, students increase their understanding of health habits and practices and improve their overall fitness level. Students take a pre- and post-fitness assessment. Throughout this course students also participate in a weekly fitness program involving elements of cardio, strength, and flexibility.

Units & Tasks

This course is divided into the following Units and Sections.

- **Course Introduction**
 - *Course Intro*
- **Unit 1: Fitness Assessment**
 - *1.1 Fitness Assessment*
 - *1.2 Health & Fitness Analysis*
 - *1.3 Goal Setting*
- **Unit 2: Exercise Programming**
 - *2.1 Exercise Programming*
 - *2.2 Holistic Health*
 - *2.3 Exercise Equipment*
- **Unit 3: Cardiovascular Training**
 - *3.1 Cardio Principles*
 - *3.2 Cardiovascular Exercises*
- **Unit 4: Strength Training**
 - *4.1 Principles of Strength Training*
 - *4.2 Strength Training Exercises*
- **Unit 5: Flexibility Training**
 - *5.1 Principles of Flexibility Training*
 - *5.2 Flexibility Exercises*
- **Unit 6: Nutrition**
 - *6.1 Body Mass Index*
 - *6.2 Diet & Exercise*
- **Unit 7: Post Assessment**
 - *7.1 Post Assessment*

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

1. **Game Plan**—an outline of tasks for that section
2. **Lesson**—multimedia online lesson(s) about the section topic
3. **Sprint**—links to other online sites with additional fitness information
4. **Team Huddle***—class discussion on an assigned topic
5. **Assignment***—section assignment
6. **Quiz***—section assessment
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
- Resistance Band

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.