Flexibility Training

Carone Learning Category: Lifestyle
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 focuses on the often-neglected fitness component of flexibility. Students establish their fitness level, set goals, and design their own flexibility training program. They study muscular anatomy and learn specific exercises to stretch each muscle or muscle group. Students focus on proper posture and technique while training. They also gain an understanding of how to apply the FITT principles to flexibility training. This course explores aspects of static, isometric, and dynamic stretching, as well as touch on aspects of yoga and Pilates. This course also discusses good nutrition and effective cross-training. Students take a pre- and post fitness assessment. Throughout this course students also participate in a weekly fitness program involving flexibility training, as well as elements of cardio and strength 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 Getting Started*
  - *1.3 Training Plan*
- ***Unit 2: Principles & Technique***
  - *2.1 Anatomy & Physiology*
  - *2.2 Principles of Flexibility Training*
  - *2.3 Exercise Safety*
- ***Unit 3: Types of Flexibility Training***
  - *3.1 Static Stretching*
  - *3.2 PNF*
  - *3.3 Dynamic Stretching*
- ***Unit 4: Yoga & Pilates***
  - *4.1 Types of Yoga*
  - *4.2 Yoga Technique*
  - *4.3 Pilates*
- ***Unit 5: Cross-Training & Nutrition***
  - *5.1 Benefits & Cross-Training*
  - *5.2 Nutrition*
- ***Unit 6: Post Assessment***
  - *6.1 Post Assessment*

Within each section students 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**—assessment of lesson comprehension
7. *Flexibility & Fitness Log**—a record of 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.

As this is a flexibility training course, students are required to complete at least 90 minutes of stretching and/or flexibility training as part of their weekly exercise. Elements of strength training and cardio are also required.

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.