

Individual Sports

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 provides students with an overview of individual sports. Students learn about a variety of sports, yet do an in-depth study of running, walking, hiking, yoga, dance, swimming, biking, and cross-training. Students learn not only the history, rules, and guidelines of each sport, but practice specific skills related to each sport. Students also learn about the components of fitness, the FITT principles, benefits of fitness, safety and technique, and good nutrition. Students conduct fitness assessments and participate in weekly physical activity.

Units & Tasks

This course is divided into the following Units and Sections.

- **Unit 1: Getting Started**
 - 1.1 Fitness Assessment & Analysis
 - 1.2 Getting Started
 - 1.3 Safety & Injury Prevention
- **Unit 2: Fitness Principles**
 - 2.1 Components of Fitness
 - 2.2 Principles of Fitness
 - 2.3 Principles of Movement
- **Unit 3: Life Time Sports I**
 - 3.1 Intro to Individual Sports
 - 3.2 Walking & Running
 - 3.3 Strength Training
- **Unit 4: Life Time Sports II**
 - 4.1 Yoga
 - 4.2 Cycling
 - 4.3 Dance
- **Unit 5: Total Health**
 - 5.1 Cross-Training
 - 5.2 Nutrition
- **Unit 6: Post Assessment**
 - 6.1 Post Assessment

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 lessons about the section topic

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3. **Sprint**—links to other online sites with additional fitness information
4. **Team Huddle***—class discussion on an assigned topic
5. **Assignment/Sport Report***—section assignment or evaluation of a sport
6. **Quiz***—assessment of lesson comprehension
7. **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.

Students will also be required to participate in and report on some specific individual sports, such as walking, strength training, yoga, and dance.

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.