

Personal Training Concepts

Carone Learning Category: Lifestyle

Subject: Elective

Recommended Grade Level: 9-12

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

Recommended Pre-Requisites: None

Course Description

This course examines basic concepts in fitness that are important for personal fitness, as well as necessary foundational information for any health or exercise career field. Areas of study include musculoskeletal anatomy and physiology, terms of movement, basic biomechanics, health related components of fitness, FITT principles, functional fitness skills, safety and injury prevention, posture and technique, nutrition, and weight management.

Units & Tasks

This course is divided into the following Units and Sections.

- **Course Introduction**
- **Unit 1: Concepts in Fitness**
 - 1 Intro to Fitness
 - 2 Starting an Exercise Program
 - 3 Safety
- **Unit 2: Body Systems**
 - 1 Terminology
 - 2 Heart, Lungs, and Bones
 - 3 The Muscular System
- **Unit 3: Movement**
 - 1 Principles of Movement
 - 2 Exercise Principles
 - 3 Fitness Skills
- **Unit 4: Components of Fitness**
 - 1 Cardio Fitness
 - 2 Muscular Fitness
 - 3 Flexibility
- **Unit 5: Nutrition & Health**
 - 1 Body Composition
 - 2 Weight Management & Drugs
 - 3 Total Health

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

1. **Section Checklist**—an outline of tasks for each section
2. **Lesson**—multimedia lessons about the section topic
3. **Field Trip**—links to online sites and articles with additional information

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4. **Reflection***— a journal reflection on healthy choices
5. **Discussion***—asynchronous class discussion about an assigned topic
6. **Assignment***—section assignment
7. **Quiz***—assessment of lesson comprehension

The items noted with an asterisk above are those that must be submitted for a grade. A unit exam will be found at the end of every unit, as well as a comprehensive final exam at the end of the course.

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.

Parent & Teacher Guides

Parent and teacher guides available.

Materials

There are no required materials for this course.

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.