



SHAWNEE MISSION

SCHOOL DISTRICT

Course Syllabus- Lifetime Fitness

This syllabus is provided to inform you of the expectations and requirements for completing this online course. You will find that learning online is different from learning in the regular classroom, but all of the things you need to be successful are built into the course. It will be critical that you exercise self-discipline and manage your time to keep on schedule. This course schedule will require students to log weekly physical activity and failure to do so will affect the student's ability to pass the course.

Course Title: Lifetime Fitness Concepts

Course Description: Exploring fitness topics such as safe exercise and injury prevention, nutrition and weight management, consumer product evaluation, and stress management, this course equips high school students to assess individual fitness levels according to the five components of physical fitness: cardiovascular health, muscular strength, muscular endurance, flexibility, and body composition. Personal fitness assessments encourage students to design fitness programs to meet their individual fitness goals.

*This course does not meet NCAA eligibility requirements.

Credits: You will earn .5 credit with successful completion of the online course content and physical activity requirements for the course.

Instructor Contact Information:

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Course Overview:

Unit 1: Beginning Fitness

- Introduction to Fitness
- Safety
- Fitness Fundamentals

Unit 2: Health Related Fitness

- Cardiorespiratory Fitness
- Muscular Fitness
- Flexibility
- Body Composition

Unit 3: Skills for Lifelong Fitness

- Introduction to Sports
- Skills for Success in Athletics
- Stress Management
- Designing a Personal Fitness Plan
- Consuming Wisely
- Lifetime Fitness

Course Content Requirements:

- Students are required to participate in a Fitness Assessment at the beginning and end of the course at a designated location. (Goal is to increase Physical Fitness by participating in Physical Activity during the course) **Attendance and participation in the Pre/ Post Assessments is mandatory.**
- Students are required to complete all lessons, activities, and assessments from the online content (Estimated time: approximately 23 hours of coursework)
- All course assignments must be completed in consecutive order

Physical Activity Requirements:

- Students are required to complete a total of 48 hours of physical activity during the duration of the class
- Students **can not** count any physical activity associated with school sports (practice or games) as we are not able to award credit for any extra-curricular programming per KSHSAA and state regulations.
- Students must select physical activities that support Cardio, Flexibility, and Strength Development over the course of each week

- Students are required to log their physical activity on the Fitness Log and secure parental/guardian signature weekly
- Students must participate in a minimum of 4 different types of activities over the course of the class

Physical Activity Pacing Log:

- Students must participate in a minimum of 3 hours of physical activity per week
- Students must participate in physical activity for minimum of 3 days per week (60 minutes of activity for 3 days per week = 3 hours of exercise)
- Each week of physical activity participation log represents 5% of your grade

Texts/ materials/ software: Students will access the course content via the *Edgenuity* digital platform and log physical activity hours on the Fitness Log located within *Edgenuity*.

Grading: Course components will be weighted to determine Final Grade:

- Pre/ Post Test will be worth 10% (based upon individual growth shown)
- Course content assignments will be worth 20%
- Quizzes will be worth 10%
- Physical Activity Log Hours will be worth 60%.
 - Students earn a weekly physical activity log grade each week
 - Weekly activity log is worth 5% of the grade and this work can not be made up.
 - If a student is ill or injured, he or she will need to contact the teacher immediately and provide documentation (i.e. Dr.'s Note describing physical activity restrictions).

This course will follow the district-wide grading scale.

Grading Scale

A	90%- 100%
B	80%- 89%
C	70%- 79%
D	60%- 69%
F	0%- 59%