



Syllabus

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What You Should Already Know

You really don't need to learn anything new before you take this course. You just need to (a) have a positive attitude, (b) study hard, and (c) complete all of the course activities.

Learning Outcomes

When you complete this course, you should be able to do the following:

1. Describe how to get in shape so you can enhance your health, physical fitness, and athletic training.
2. Write out and follow an exercise plan for yourself that includes cardio, weight training, and stretching activities.
3. Write out and follow a nutrition plan for yourself that is healthy, enjoyable, and provides the energy you need.
4. Explain how regular exercises and good nutrition can help you to stay at the right body weight.

Important Notice

Before beginning any exercise program, consult your doctor. Participants and their legal guardians understand and acknowledge that participation in any exercise program or related activities carries with it inherent dangers which may result in personal injury or even death. Participants and their legal guardians assume complete responsibility to (a) consult with a physician to ensure that there are no health-related reasons for problems which would preclude or restrict participant's participation in a particular exercise program or related activities and (b) procure adequate health insurance necessary to provide for and pay any medical costs that may

directly or indirectly result from such participation. Accordingly, participants and their legal guardians assume all responsibility and risk associated with any participation in any exercise program or related activities.

Course Materials

You really don't need anything out of the ordinary to complete this course, other than the following:

- Good exercise shoes
- An enjoyable place to exercise
- A clean bill of health. If you are currently unsure about your health status, contact your doctor and get his or her permission before beginning this course.

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Assignments

This course includes seven units. The first three units cover information about exercise and fitness and you should read each lesson and answer all of the Self Check questions and unit quiz questions. Midway through the course you will take a review quiz that will be comprehensive to all three units. This quiz will help you prepare for the final assignment/review at the end of the course. The last three units will contain physical fitness activities that will need to be completed every four weeks. When you finish all of the course work and physical fitness activities and logs, submit them electronically in your course. Then, you may take the final examination. The necessary worksheets may be found in the online version of this course in the Course Resources folder.

You will submit completed papers electronically through your course. Please save it as either an **.rtf**, **.doc**, **.docx**, or **.pdf** file format. Here's how to do it:

1. Type your paper in a word-processing program (such as Microsoft Word).
2. When you save the file, click the Save as type: drop-down list. Select either **.rtf**, **.doc**, **.docx**, or **.pdf** formats.
3. Use the course number, your first and last name, and the assignment name for the filename. For example,
"FIT49_TonyWilson_FSRCardiovascularWeeklyLog.rtf."
4. Click Save.
5. Submit the assignment in the course when directed.

Note: You will need at least 13 weeks to complete this course. Students must start their fitness logs after they have registered for the course.

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Exams

The final exam is comprehensive and consists of 50 multiple-choice items.

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Grading

Your final grade is computed based on the following percentages:

Grade Breakdown

PERCENTAGE OF GRADE	ASSIGNMENT
30 percent	3 Unit Quizzes (10 percent per quiz)
10 percent	Review Quiz
36 percent	Physical Fitness Activities (12 weeks of physical fitness activities)
24 percent	Final Exam

The following grading scale is used to assign your final grade:

Grading Scale

LETTER GRADE	PERCENTAGE
A	100–93%
A–	92–90%
B+	89–87%
B	86–83%
B–	82–80%
C+	79–77%
C	76–73%
C–	72–70%
D+	69–67%
D	66–63%

D-	Syllabus 62–60%
E (fail)	59–0%

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