

# Lifetime Fitness (full year) EL2083

## Course Overview and Syllabus

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**Course Number:** EL2083

**Grade level:** 9-12

**Prerequisite Courses:** none

**Credits:** 1.0

### Course Description

Exploring fitness topics such as safe exercise and injury prevention, nutrition and weight management, consumer product evaluation, and stress management, Lifetime Fitness equips high school students with the skills they need to achieve lifetime fitness. Throughout this full year course, students 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.

### Course Objectives

Throughout the course, you will meet the following goals:

- Describe the importance of physical fitness for all ages and abilities
- Describe common exercise-related physical injuries and list guidelines for preventing injuries during physical activity
- Identify diseases that can affect the different systems of the body, and recognize the relationship between stress and disease
- Identify team sports that achieve health-related fitness goals both in school and outside of school
- Describe how people react to stress physically, emotionally, and behaviorally
- Discuss the educational requirements for different careers in the fitness and wellness industry

### Student Expectations

This course requires the same level of commitment from you as a traditional classroom course. Students are expected to spend approximately five to seven hours per week online on the following:

- Interactive lessons that include a mixture of instructional videos and tasks
- Assignments in which you apply and extend learning in each lesson
- Assessments, including quizzes, tests, and cumulative exams



Your teacher may also require you to track your fitness activities, using the online Fitness Log. You can access this log by clicking the heart monitor icon on the Course Map page.

## Communication

Your teacher will communicate with you regularly through discussions, email, chat, and system announcements. You will also communicate with classmates, via online tools or face-to-face, as you collaborate on projects, ask and answer questions in your peer group, and develop your speaking and listening skills.

## Grading Policy

You will be graded on the work you do online and the work you submit electronically to your teacher. The weighting for each category of graded activity is listed below:

Grading Category	Weight
Assignments	20%
Lesson Quizzes	30%
Unit Tests	30%
Cumulative Exams	20%

## Scope and Sequence

When you log into Edgenuity, you can view the entire course map—an interactive scope and sequence of all topics you will study. The units of study are listed below:

**Unit 1:** Introduction to Fitness and Safety

**Unit 2:** Fitness Fundamentals and Biomechanical Principles

**Unit 3:** Cardiorespiratory and Muscular Fitness

**Unit 4:** Flexibility, Nutrition, and Body Composition

**Unit 5:** Introduction to Sports and Skills for Athletic Success

**Unit 6:** Stress Management and Designing a Personal Fitness Plan

**Unit 7:** Consuming Wisely and Lifetime Fitness