

# Lifetime Fitness

## Course Overview and Syllabus

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**Course Number:** EL2083

**Grade level:** 9–12

**Prerequisite Courses:** None

**Credits:** 0.5

### 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 with the skills they need to achieve lifetime fitness. Throughout this one-semester 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 a fitness program 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 would. Throughout the course, you are expected to spend approximately 5–7 hours per week online on the following activities:

- 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

## Communication

Your teacher will communicate with you regularly through discussions, email, chat, and system announcements. You will also communicate with classmates, either via online tools or face to face, as you collaborate on project, ask and answer questions in your peer group, and develop 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	10%
Essays	0%
Lesson Quizzes	30%
Unit Tests	25%
Cumulative Exams	15%
Additional	20%

## Scope and Sequence

When you log into the Virtual Classroom, you can view the entire course map, which provides a scope and sequence of all topics you will study. Clicking a lesson's link in the course map leads to a page listing instructional activities, assignments, and learning objectives specific to that lesson. The units of study are summarized below:

**Unit 1:** Beginning Fitness

**Unit 2:** Health-Related Fitness

**Unit 3:** Skills for Lifelong Fitness