

Fitness Basics 1

Carone Learning Category: Foundations

Subject: Physical Education

Recommended Grade Level: 6-8

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

Recommended Pre-Requisites: None

*A full credit is available when combined with Fitness Basics 2

Course Description

This course provides students with a basic understanding of fitness and nutrition. Students will learn about exercise safety, team and individual sports, nutrition, and the importance of staying active throughout their lifetime. Students conduct fitness assessments, set goals, develop their own fitness program, and participate in weekly physical activity.

Units & Tasks

This course is divided into the following Units and Sections.

- **Course Introduction**
- **Unit 1: Get Moving**
 - 1.1 Getting Started
 - 1.2 Fitness Assessment
 - 1.3 Fitness Analysis
- **Unit 2: Exercise Programming**
 - 2.1 Goal Setting
 - 2.2 Creating an Exercise Program
 - 2.3 Motivation and Cooperation
- **Unit 3: Exercise Technique**
 - 3.1 Warm Up and Cool Down
 - 3.2 Exercise Technique & Proper Posture
- **Unit 4: Foundation of Fitness**
 - 4.1 Components of Fitness
 - 4.2 Principles of Exercise
 - 4.3 Heart Rate and Intensity
- **Unit 5: Fitness**
 - 5.1 What is Fitness?
 - 5.2 Skill vs. Health
 - 5.3 Benefits of Fitness
- **Unit 6: Post Assessment**
 - 6.1 Post Assessment

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

1. **Game Plan**—an outline of tasks for that section
2. **Lesson**—multimedia online lessons about the section topic

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3. **Sprint**—links to other online sites with additional fitness information
4. **Team Huddle***—class discussion on an assigned topic
5. **Assignment/Sport Report***—section assignment
6. **Quiz***—assessment of lesson comprehension
7. **Fitness Log***—a record of your sessions for each week

The items noted with an asterisk above are those that must be submitted for a grade.

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.

Exercise Requirements

12 weeks of exercise at 3 hours per week is required for this course. An accelerated course version is available that requires 8 weeks of exercise at 4 hours per week. All fitness logs require at least ONE form of verification, which can be provided by a supervising adult, a MOVband device, or a Polar heart rate monitor.

Exercise Library

This course includes complimentary access to Carone Learning's Exercise Library, with pictures, videos, and descriptions of almost 300 exercises. The library is searchable by exercise type, muscle group, or equipment (including resistance bands, weights, exercise balls, or no equipment at all).

Parent & Teacher Guides

Parent and teacher guides available.

Additional Materials

There are no required textbooks or materials for this course. Access to exercise equipment is recommended, but not required. The following equipment is available through Carone Learning,

- Polar Heart Rate Monitor
- MOVband

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.