

### Lifetime & Leisure Sports (Individual & Dual Sports 2)

**Carone Learning Category:** Lifestyle

**Subject:** Physical Education

**Recommended Grade Level:** 9-12

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

**Recommended Pre-Requisites:** None

#### Course Description

This course provides students with an overview of dual and individual sports. Students learn about a variety of sports, and do an in-depth study of martial arts, Pilates, fencing, gymnastics, and water sports. Students learn not only the history, rules, and guidelines of each sport, but practice specific skills related to many of these sports. Students also learn the components of fitness, benefits of fitness, safety and technique, and good nutrition. Students conduct fitness assessments, set goals, and participate in weekly physical activity.

#### Units & Tasks

This course is divided into the following Units and Sections.

- **Course Introduction**
- **Unit 1: Getting Started**
  - 1.1 Fitness Assessment & Analysis
  - 1.2 Getting Started
  - 1.3 Safety
- **Unit 2: Fitness**
  - 2.1 Components of Fitness
  - 2.2 Team Player
  - 2.3 Nutrition
- **Unit 3: Combative Sports**
  - 3.1 Martial Arts
  - 3.2 Unarmed Martial Arts
  - 3.3 Armed Martial Arts
- **Unit 4: Gymnastics & Pilates**
  - 4.1 Gymnastics
  - 4.2 Gymnastic Skills
  - 4.3 Pilates
- **Unit 5: Water Sports**
  - 5.1 Water Safety
  - 5.2 Water Skills
- **Unit 6: Staying Active**
  - 6.1 Post Assessment

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

1. **Game Plan**—an outline of tasks for that section

## Leisure Sports – Individual & Dual Sports II

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2. **Lessons**—multimedia lessons about the section topic
3. **Sprint**—links to other online sites with additional information
4. **Team Huddle\***—asynchronous class discussion on an assigned topic
5. **Assignment\***—section assignment to enforce section concepts
6. **Quiz\***—assessment of lesson comprehension
7. **Fitness Log\***— a record of your workout sessions for each week

The items marked 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.

In addition, students will be asked to participate in a variety of sports, as outlined in the section list above. Students may be asked to complete participation report assignments or skills videos, which require recording one's self via digital video. If there is an issue with these assignments, please contact the instructor to discuss alternative options.

### 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
- Resistance Band

### Technical Requirements

An internet connection and computer or tablet hardware is required. Software requirements include a PDF reader, word-processing application (such as Word),

## **Leisure Sports – Individual & Dual Sports II**

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MP4/video player, and Flash player (optional). Free downloadable software is available for each of these.