



# 2018 COURSE CATALOG

*Empowering students to achieve their goals  
in health, fitness and career!*

[www.caronelearning.com](http://www.caronelearning.com)

# Course Catalog

Carone Learning is the country's leading online provider of health, fitness and career online courses for elementary, middle and high school students. Our success comes from delivering highly engaging courses that focus on improving the foundational understanding of health and fitness, expanding knowledge of lifestyle fitness concepts, and helping students explore career pathways in the health sciences and fitness industries.

Carone Learning offers almost 70 standards-based online health, fitness, and career courses for grades K–12. We have designed each course using the latest instructional strategies that promote individualized learning and student success, and we meet all of the latest standards for health, fitness and career learning. This goal-centric curriculum allow students to focus on their personal goals and interests as they work towards improvement at their own pace.

## FOUNDATION

**Foundation Courses** focus on the fundamental skills and information students need to build a strong foundation in health and fitness. These K-12 grade courses include fundamental Health and PE courses that teach concepts like:

- How to set and track achievable goals
- Exercise recommendations for frequency, intensity, time and type
- The characteristics of healthy behaviors, relationships, and communication styles

### High School Health & Fitness

Fitness Fundamentals 1 & 2  
Health & Personal Wellness  
Personal Health & Fitness  
HOPE 1 & 2  
Adaptive PE  
Credit Recovery PE 1 & 2  
Credit Recovery Health

### Middle School Health & Fitness

Fitness Basics 1 & 2  
Health

### Elementary Health & Fitness

Elementary PE K–5\*  
Elementary Health K–5\*

## LIFESTYLE

**Lifestyle Courses** provide exploratory opportunities that build upon a student's health and fitness foundation. Such as:

- Learning the fundamentals of running technique and training
- Experimenting with various outdoor and leisure sports
- Delving into consumer science skills such as grocery shopping, healthy cooking, child care, or home maintenance

### MS/HS Health & Family

Life Skills  
Nutrition  
Drugs & Alcohol  
Family & Consumer Science  
Family Living & Healthy Relationships

### High School Fitness

Outdoor Sports  
Lifetime & Leisure Sports  
Walking Fitness  
Running  
Strength Training  
Flexibility Training  
Comprehensive PE  
Individual Sports  
Group Sports  
Advanced PE 1 & 2

## CAREER

**Career Courses** provide high school students with the opportunity to learn more about specific health and fitness career pathway. While supporting national initiatives to better prepare our high school students for college and a career, we provide the knowledge and skills they need to be successful.

### Health Science Careers

Anatomy  
Physiology

### Healthcare Careers

Health Careers  
First Aid & Safety  
Medical Terminology  
Intro to Nursing 1 & 2

### Sports & Fitness Careers

Exercise Science  
Personal Training Career Prep  
Personal Training Concepts  
Sports Officiating  
Intro to Coaching

\*A full year available for each grade level K–5

# High School Courses

**FOUNDATION**

## Fitness Fundamentals I

This course is designed to provide students with the basic skills and information needed to begin a personalized exercise program and maintain an active and healthy lifestyle. Students participate in pre- and post-fitness assessments in which they measure and analyze their own levels of fitness based on the five components of physical fitness: muscular strength, endurance, cardiovascular fitness, flexibility, and body composition. In this course, students research the benefits of physical activity, as well as the techniques, principles, and guidelines of exercise to keep them safe and healthy. Throughout this course students participate in a weekly fitness program involving elements of cardio, strength, and flexibility.

**FOUNDATION**

## Fitness Fundamentals II

This course takes a more in-depth look at the five components of physical fitness touched on in Fitness Fundamentals I: muscular strength, endurance, cardiovascular health, flexibility, and body composition. This course allows students to discover new interests as they experiment with a variety of exercises in a non-competitive atmosphere. By targeting different areas of fitness, students increase their understanding of health habits and practices and improve their overall fitness level. Students take a pre- and post-fitness assessment. Throughout this course students also participate in a weekly fitness program involving elements of cardio, strength, and flexibility.

**FOUNDATION**

## Personal Health & Fitness

This course provides students with essential knowledge and decision-making skills for a healthy lifestyle. Students will analyze aspects of emotional, social, and physical health and how these realms of health influence each other. In addition, students will assess and evaluate their fitness levels, set goals for improvement, and design a personal fitness program. Other topics of study include substance abuse, safety and injury prevention, and nutrition. Throughout this course students participate in a weekly fitness program involving elements of cardio, strength, and flexibility.

**FOUNDATION**

## Health & Personal Wellness

This comprehensive health course provides students with essential knowledge and decision-making skills for a healthy lifestyle. Students analyze aspects of emotional, social, and physical health and how these realms of health influence each other. Students apply principles of health and wellness to their own lives. In addition, they study behavior change and set health goals to work on throughout the semester. Additional topics of study include healthy relationships, reproductive health, disease transmission, substance abuse, safety and injury prevention, environmental health, and consumer health.

**FOUNDATION**

## HOPE 1 & 2

This two-semester combined health and PE course is based on the Florida course requirements for a health/PE course. Throughout the course students learn about the various realms of health and how they affect each other. In addition to focusing on mental, social, and physical health, students also learn about consumer and environmental health, personal safety, drugs and alcohol, and reproductive health. Students also engage in a fitness program assessing and analyzing their fitness level, setting goals, establishing a fitness schedule, and engaging in weekly physical activity.

**FOUNDATION**

## Adaptive PE

This course allows for customized exercise requirements based on a student's situation. In addition, students learn the basic skills and information needed to begin a personalized exercise program and maintain an active and healthy lifestyle. Students research the benefits of physical activity, and the techniques, principles, and guidelines of exercise to keep them safe and healthy.

# High School Courses

## FOUNDATION

### Credit Recovery PE I & 2

Credit Recovery PE is ideal for students who have had prior exposure to physical education, yet were unable to receive credit for their previous work. The courses contain all the essential content with reduced coursework. Students learn about the FITT principles, the components of physical fitness, and the benefits of physical activity, as well as the techniques, principles, and guidelines of exercise to keep them safe and healthy. Students participate in weekly physical activity throughout the courses.

*This course can be completed in 6-8 weeks.*

## FOUNDATION

### Credit Recovery Health

This is a reduced work-load course that covers the main aspects of physical, social, and mental health. Additional topics of study include decision-making, reproductive health, disease transmission, substance abuse, safety and injury prevention, environmental health, and consumer health.

*This course can be completed in 6-8 weeks.*

## LIFESTYLE

### Life Skills

This course allows students to explore their personality type and interests, as well as refine important skills that will benefit them throughout their lives. This includes personal nutrition and fitness skills, time and stress management, communication and healthy relationships, goal setting, study skills, leadership and service, environmental and consumer health, and personal finances. In addition, students explore possible colleges and careers that match their needs, interests, and talents.

## LIFESTYLE

### Nutrition

This course takes students through a comprehensive study of nutritional principles and guidelines. Students learn about worldwide views of nutrition, essential nutrient requirements, physiological processes, food labeling, weight management, healthy food choices, fitness, diet-related diseases and disorders, food handling, healthy cooking, nutrition for different populations, and more. Students gain important knowledge and skills to aid them in attaining and maintaining a healthy and nutritious lifestyle.

## LIFESTYLE

### Drugs & Alcohol

This course delves into the types and effects of drugs, including alcohol, tobacco, steroids, over the counter drugs, marijuana, barbiturates, stimulants, narcotics, and hallucinogens. Students learn about the physiological and psychological effects of drugs, as well as the rules, laws, and regulations surrounding them. The difference between appropriate and inappropriate drug use will also be discussed. In addition, students will learn about coping strategies, healthy behaviors, and refusal skills to help them avoid and prevent substance abuse, as well as available resources where they can seek help.

## LIFESTYLE

### Family & Consumer Science

This course prepares students with a variety of skills for independent or family living. Topics covered include child care, home maintenance, food preparation, money management, medical management, clothing care, and more. They also focus on household, personal, and consumer health and safety. In addition, students learn goal setting and decision-making skills, as well as explore possible career options.

# High School Courses

## LIFESTYLE

### Family Living & Healthy Relationships

In this course, students examine the family unit and characteristics of healthy and unhealthy relationships at different phases of life — including information on self-discovery, family, friendships, dating and abstinence, marriage, pregnancy, and parenthood. Students learn about the life cycle and the different stages of development from infancy to adulthood. They also focus on a variety of skills to improve relationships and family living, including coping skills, communication skills, refusal skills, babysitting, parenting, and healthy living and disease prevention habits.

## LIFESTYLE

### Outdoor Sports

This course provides students with an overview of dual and individual outdoor sports. Students learn about a variety of sports, and do an in-depth study of hiking, orienteering, golf, and beach volleyball. 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 FITT principles, benefits of fitness, and safety and technique. Students conduct fitness assessments, set goals, and participate in weekly physical activity.

## LIFESTYLE

### Lifetime & Leisure Sports

This course provides students with an overview of lifetime 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.

## LIFESTYLE

### Walking Fitness

This course helps students establish a regular walking program for health and fitness. Walking is appropriate for students of all fitness levels and is a great way to maintain a moderately active lifestyle. In addition to reviewing fundamental principles of fitness, students learn about goals and motivation, levels of training, walking mechanics, safety and injury prevention, appropriate attire, walking in the elements, good nutrition and hydration, and effective cross-training. Students take a pre- and post-fitness assessment. Throughout this course students also participate in a weekly fitness program involving walking, as well as elements of resistance training and flexibility.

## LIFESTYLE

### Running

This course is appropriate for beginning, intermediate, and advanced runners and offers a variety of training schedules for each. In addition to reviewing the fundamental principles of fitness, students learn about goals and motivation, levels of training, running mechanics, safety and injury prevention, appropriate attire, running in the elements, good nutrition and hydration, and effective cross-training. While this course focuses mainly on running for fun and fitness, it also briefly explores the realm of competitive racing. Students conduct fitness assessments and participate in weekly physical activity.

## LIFESTYLE

### Flexibility Training

This course focuses on the often-neglected fitness component of flexibility. Students establish their fitness level, set goals, and design their own flexibility training program. They study muscular anatomy and learn specific exercises to stretch each muscle or muscle group. Students focus on proper posture and technique while training. They also gain an understanding of how to apply the FITT principles to flexibility training. This course explores aspects of static, isometric, and dynamic stretching, as well as touch on aspects of yoga and Pilates. This course also discusses good nutrition and effective cross-training. Students conduct fitness assessments and participate in weekly physical activity.

# High School Courses

## LIFESTYLE

### Strength Training

This course focuses on the fitness components of muscular strength and endurance. Students establish their fitness level, set goals, and design their own resistance training program. They study muscular anatomy and learn specific exercises to strengthen each muscle or muscle group. Students focus on proper posture and technique while training. They also gain an understanding of how to apply the FITT principles and other fundamental exercise principles, such as progression and overload, to strength training. This course also discusses good nutrition and effective cross-training. Students take a pre- and post-fitness assessment. Students conduct fitness assessments and participate in weekly physical activity.

*This course is recommended for grades 10-12.*

## LIFESTYLE

### Comprehensive PE

In this course, students will explore concepts involving personal fitness, team sports, dual sports, and individual and lifetime sports. Students will focus on health-related fitness as they set goals and develop a program to improve their fitness level through cardio, strength, and flexibility training. In addition, they will learn about biomechanics and movement concepts, as they enhance their level of skill-related fitness. Students will learn about game play concepts and specifically investigate the rules, guidelines, and skills pertaining to soccer, softball, volleyball, tennis, walking and running, dance, and yoga. Students take a pre- and post-fitness assessment. Throughout this course students also participate in a weekly fitness program involving elements of cardio, strength, and flexibility, as well as participating in a variety of dual, individual, and group sport activities.

## LIFESTYLE

### Individual Sports

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, hiking and orienteering, golf, gymnastics, dual volleyball, and tennis and other racquet 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, FITT principles, benefits of fitness, safety and technique, and good nutrition. Students conduct fitness assessments, set goals, and participate in weekly physical activity.

## LIFESTYLE

### Group Sports

This course provides students with an overview of group sports. Students learn about a variety of sports, yet do an in-depth study of soccer, basketball, baseball/softball, and volleyball. Students learn not only the history, rules, and guidelines of each sport, but practice specific skills related to each sport. Students also learn about sportsmanship and teamwork. In addition, students study elements of personal fitness, goal setting, sport safety, and sports nutrition. Students conduct fitness assessments and participate in weekly physical activity.

## LIFESTYLE

### Advanced PE 1 & 2

This two-semester course guides students through an in-depth examination of the effects of exercise on the body. Students learn how to exercise efficiently and properly. Basic anatomy, biomechanics, and physiology will serve as a foundation for students to build effective exercise programs. The study of nutrition and human behavior is also an integral part of the course. Students conduct fitness assessments and participate in weekly physical activity.

*These courses are recommended for grades 10-12.*

# High School Courses

## CAREER

### Anatomy

In this course, students will explore the anatomy or structure of the human body. In addition to learning anatomical terminology, students will study the main systems of the body-- including skeletal, muscular, circulatory, respiratory, digestive, reproductive, and nervous systems. In addition to identifying the bones, muscles, and organs, students will study the structure of cells and tissues within the body.

*This course is recommended for grades 10-12.*

## CAREER

### Physiology

In this course, students will examine the functions of the body's biological systems--including skeletal, muscular, circulatory, respiratory, digestive, endocrine, nervous, and reproductive systems. In addition to understanding the function of each system, students will learn the function of cells, blood, and sensory organs, as well as study DNA, immunity, and metabolic systems.

*This course is recommended for grades 10-12. Anatomy is a recommended pre-requisite.*

## CAREER

### Health Careers

In this course students explore a variety of career options related to the health care field, including medicine, nursing, physical therapy, pharmacy, dental careers, child care, sports medicine, personal training, social work, psychology, and more. Students will learn about various options within each field, what each of these jobs entails, and the education and knowledge required to be successful. In addition, they will focus on basic job skills and information that would aid them in health care and other career paths.

## CAREER

### First Aid & Safety

In this course, students learn and practice first aid procedures for a variety of common conditions, including muscular, skeletal, and soft tissue injuries. In addition, students learn how to appropriately respond to a variety of emergency situations. They also learn the procedures for choking and CPR for infants, children, and adults. In addition to emergency response, students will explore personal, household, and outdoor safety, and disaster preparedness.

## CAREER

### Medical Terminology

In this course students will be introduced to basic medical language and terminology that they would need to enter a health care field. Emphasis will be placed on definitions, proper usage, spelling, and pronunciation. They will study word structure and parts, including roots, prefixes, and suffixes, as well as symbols and abbreviations. They will examine medical terms from each of the body's main systems, including skeletal, muscular, cardiovascular, respiratory, digestive, urinary, nervous, endocrine, reproductive, and lymphatic systems, and sensory organs. In addition, students will learn proper terminology for common tests, procedures, pharmacology, disease, and conditions.

## CAREER

### Intro to Nursing 1 & 2

This two semester course introduces students to the field of nursing. In the first semester students will learn about the history and evolution of nursing, education and licensure requirements, career path options, and nursing responsibilities. Students will also focus on foundational information such as basic anatomy, physiology, medical terminology, pharmacology, first aid, and disease prevention. In semester two students will examine various nursing theories, as well as focus on the nursing process, including assessment, diagnosis, and treatment options. Students will also learn about professional and legal standards and ethics. Additional skills of communication, teaching, time and stress management, patient safety, crisis management will be included.

# High School Courses

## CAREER

### Exercise Science

This course guides students through an in-depth examination of the effects of exercise on the body. Students learn how to exercise efficiently and properly and how to motivate themselves and others. Basic anatomy, biomechanics, and physiology will serve as a foundation for students to build effective exercise programs. The study of nutrition and human behavior is also an integral part of the course to enhance the student comprehension of this multifaceted subject.

*This course is recommended for grades 10-12.*

## CAREER

### Personal Training Concepts

This course examines basic concepts in fitness that are important for personal fitness, as well as necessary foundational information for any health or exercise career field. Areas of study include musculoskeletal anatomy and physiology, terms of movement, basic biomechanics, health related components of fitness, FITT principles, functional fitness skills, safety and injury prevention, posture and technique, nutrition and weight management.

## CAREER

### Personal Training Career Prep

This course examines the role and responsibilities of a personal trainer. Students will learn the steps to become a personal trainer, including performing fitness assessments, designing safe and effective workouts, and proper nutrition principles. Concepts of communication and motivation will be discussed, as well as exercise modifications and adaptations for special populations. Students will also examine certification requirements, business and marketing procedures, and concerns about liability and ethics. In addition, throughout the course students will be able to explore various exercises, equipment, and tools that can be used for successful personal training.

*This course is recommended for grades 10-12. Personal Training Concepts is a recommended pre-requisite to this course.*

## CAREER

### Sports Officiating

In this course, students will learn the rules, game play, and guidelines for a variety of sports, including soccer, baseball, softball, basketball, volleyball, and football. In addition, they will learn the officiating calls and hand signals for each sport, as well as the role a sport official plays in maintaining fair play.

## CAREER

### Intro to Coaching

This course focuses on the various responsibilities of a coach and the skills needed to successfully fill this important position. Throughout the course, students will explore various coaching models and leadership styles, sports nutrition and sports psychology, as well as safety in conditioning and cross-training. Students will learn effective communication, problem-solving, and decision making skills. The course will also introduce students to game strategy, tactical strategy, skills-based training, and coaching ethics.



# Middle School Courses

## FOUNDATION

### Fitness Basics 1 & 2

This course is designed to provide students with the basic skills and information needed to begin a personalized exercise program and maintain an active and healthy lifestyle. Students participate in pre- and post-fitness assessments in which they measure and analyze their own levels of fitness based on the five components of physical fitness: muscular strength, endurance, cardiovascular fitness, flexibility, and body composition. In this course, students research the benefits of physical activity, as well as the techniques, principles, and guidelines of exercise to keep them safe and healthy. Throughout this course students participate in a weekly fitness program involving elements of cardio, strength, and flexibility.

## FOUNDATION

### Health

This comprehensive health course is designed for middle school students. It covers basic information about body systems, disease, and hygiene. Students explore the various realms of health, including mental, social, and emotional health. In addition, students learn important life skills such as decision-making and refusal skills.

## LIFESTYLE

### Intro to Individual Sports 1 & 2

This course provides students with an overview of individual sports. Students learn about a variety of sports, yet do an in-depth study of running, walking, strength training, yoga, dance, biking, swimming, and cross-training. Students learn not only the history, rules, and guidelines of each sport, but practice specific skills related to each sport. Students also learn about the components of fitness, FIT principles, benefits of fitness, safety and technique, and good nutrition. Students conduct fitness assessments and participate in weekly physical activity.

## LIFESTYLE

### Intro to Group Sports 1 & 2

This course provides students with an overview of group sports. Students learn about a variety of sports, yet do an in-depth study of soccer, basketball, baseball/softball, and volleyball. Students learn not only the history, rules, and guidelines of each sport, but practice specific skills related to each sport. Students also learn about sportsmanship and teamwork. In addition, students study elements of personal fitness, goal setting, sport safety, and sports nutrition. Students conduct fitness assessments and participate in weekly physical activity.

## LIFESTYLE

### Life Skills

This course allows students to explore their personality type and interests, as well as refine important skills that will benefit them throughout their lives, including personal nutrition and fitness skills, time and stress management, communication and healthy relationships, goal setting, study skills, leadership and service, environmental and consumer health, and personal finances. In addition, students explore possible colleges and careers that match their needs, interests, and talents.

## LIFESTYLE

### Family & Consumer Science

This course prepares students with a variety of skills for independent or family living. Topics covered include child care, home maintenance, food preparation, money management, medical management, clothing care, and more. They also focus on household, personal, and consumer health and safety. In addition, students learn goal setting and decision-making skills, as well as explore possible career options.

# Middle School Courses

## LIFESTYLE

### Family Living & Healthy Relationships

In this course, students examine the family unit and characteristics of healthy and unhealthy relationships at different phases of life — including information on self-discovery, family, friendships, dating and abstinence, marriage, pregnancy, and parenthood. Students learn about the life cycle and the different stages of development from infancy to adulthood. They also focus on a variety of skills to improve relationships and family living, including coping skills, communication skills, refusal skills, babysitting, parenting, and healthy living and disease prevention habits.

# Elementary Courses

## FOUNDATION

### Elementary PE K–5

Elementary PE helps young learners establish a basic understanding of health and fitness. Students focus on health and skill related fitness. Topics of study include exercise safety, making healthy choices, nutrition, benefits of exercise, components and principles of fitness, basic anatomy and physiology, and values of teamwork and good sportsmanship. In addition, students learn age-appropriate motor and manipulative skills. Students are required to participate in regular physical activity.

*A full year available for each grade level K–5.*

## FOUNDATION

### Elementary Health K–5

Elementary Health helps young learners establish a basic understanding of the various aspects of health, including physical, mental/emotional, and social health. Students focus on establishing good habits and making healthy choices. Topics of study include personal safety, emotional health, healthy behaviors, nutrition, communication, disease prevention, basic anatomy and physiology, and values of cooperation and teamwork.

*A full year available for each grade level K–5*