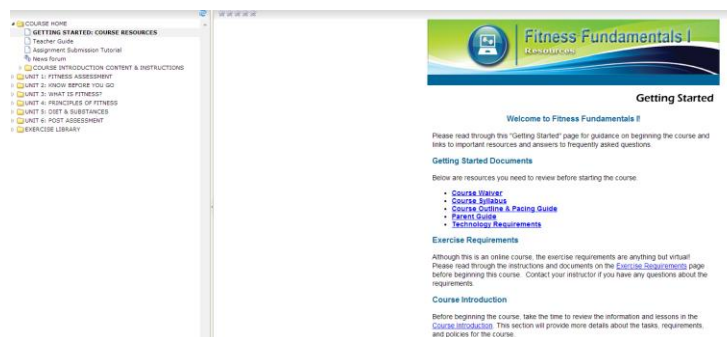**Carone Fitness**
Online Health & PE Curriculum

Course Overview & Examples

Getting Started

When you and your student first log into a course, the first page you will see is the "Getting Started" page. This page outlines all the introductory information about a course, including the

- Course Syllabus
- Outline and Recommended Pacing Guide
- Parent Guide
- Technology Requirements
- Exercise Requirements (for PE courses)

A detailed course introduction can also be found here, which outlines the course purpose, goals, and expectations, as well as the types of tasks and assignments students will be completing.

Units & Sections

All the navigation for a Carone Fitness course can be found in the left hand menu. Courses are divided into Units and Sections based on topics. Each section is designed to be completed in about a week. There are 16 total sections per course.
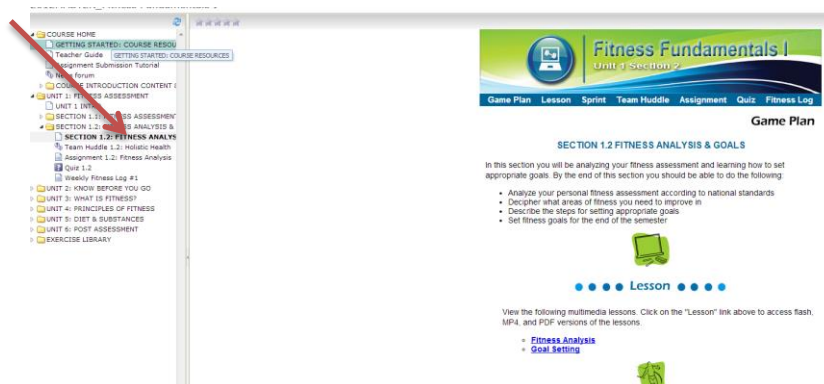
Game Plan/ Checklist

Within each section, there is a Game Plan page that provides an overview of objectives, tasks, and assignments. Students can navigate to each task within a section from the top blue navigation bar, or from the links down the middle of the page. *Note: In the PE courses this page is called "Game Plan." In the health and career courses it is called a "Checklist."*

Lessons

There are no textbooks required. All the information a student needs for a section is within the lessons. Students view the lessons from the "Lesson" tab. There are three versions of each lesson available to accommodate different needs. The flash and MP4 versions have pictures, text, and narration. The text version is a PDF that can be quickly reviewed or printed.
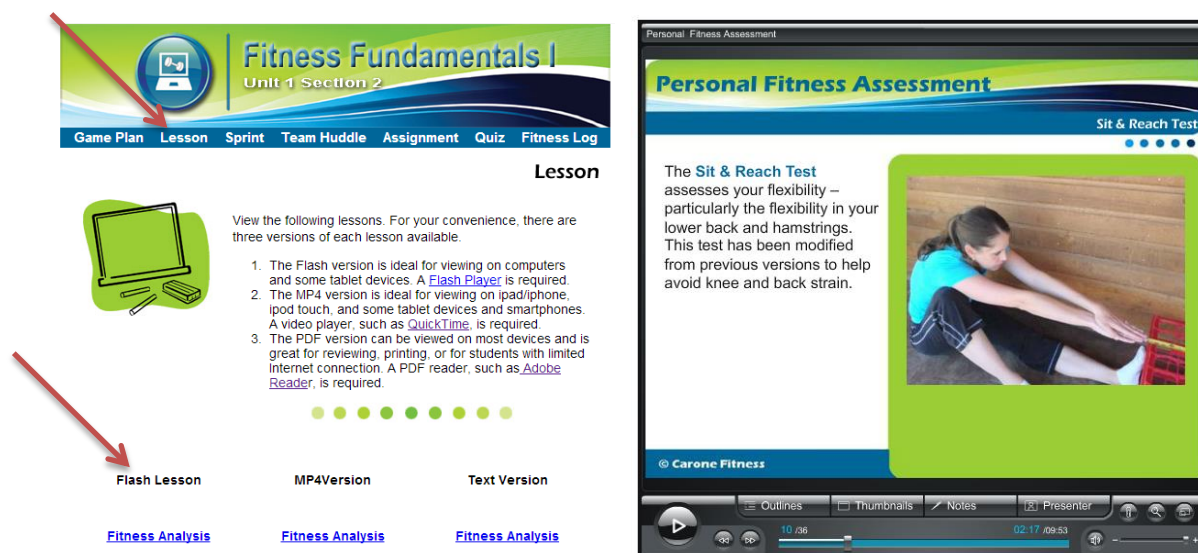
Sprint/ Field Trip

After viewing the lessons, students are invited to take a sprint around the internet where they are provided with some credible, exploratory learning options. Here students can visit outside sources for additional information for each section topic. These outside sites have been previewed for content, safety, and credibility. *Note: In the PE courses this page is called "Sprint". In the health courses it is called a "Field Trip."*

Reflection Papers & Discussion

To help reinforce the concepts students are learning, they are provided with reflection questions and/or discussion questions. This helps students analyze the information they have learned and reflect on how it applies to themselves and real life. These reflections and discussions can be used as a personal journal entry, a threaded online discussion, or an oral discussion. *Note: In the PE courses the discussions are called a "Team Huddle."*

Assignments

Under the "Assignment" tab, students will find all information necessary to complete the weekly assignment. Assignments are provided to reinforce concepts students have learned, help them practice or apply information, and/or explore additional concepts.

Quizzes

Quiz questions are based on the information in the lessons. They may contain multiple choice, true/false, and matching questions. They are auto-graded by the computer and scores are posted in the online gradebook. Quizzes have a 60 minute time limit and can only be taken one time. Most of the health courses also have a unit exam and a comprehensive final exam.

Fitness Logs (PE Only)

In the PE courses students also must complete a weekly exercise requirement and fill out their Weekly Fitness Log. These logs should be submitted on a weekly basis in order to receive credit. Note that the exercise requirements, fitness logs, and frequently asked questions are all outlined on the "Getting Started" page.
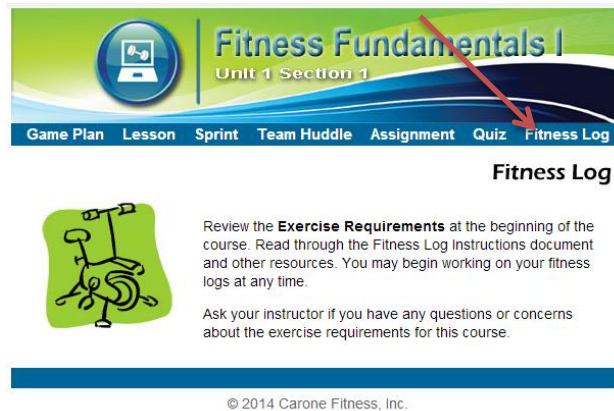
Exercise Library (PE Only)

The PE courses also include an Exercise Library with pictures, videos and descriptions of over 300 exercises. The library can be sorted by the type of exercises, muscle group used, or type of equipment. This is a great resource to provide students with options of activities to perform, as well as demonstrate proper safety and technique.

Similarly, the elementary PE courses have an Activity Library. This contains library also contains pictures, videos, and descriptions of basic skills, as well as activities and games that can be played to provide options for physical activity and student practice each skill.