Course Syllabus

Description:
With a focus on health and fitness, this course guides student to be active and healthy now and for a lifetime. Effective strategies and techniques are a foundation of the course so that students can continually make improvements in all areas of wellness. Students, with the guidance of a training instructor, set personal goals in four areas of wellness: physical, emotional, social, and academic. Fitness assessments enable students to establish baseline levels of fitness and work toward improvement in specific areas. At the end of each module, students submit a wellness plan documenting their daily physical activity, progress toward goals, changes in fitness assessment results, and reflections on personal progress.

By following individualized training principles, students can achieve personal success and gain confidence, while they develop healthy lifetime habits. The course uses videos, graphics, and interactive learning opportunities to encourage students to eat well, get up, and be active.

Leading a healthy lifestyle is the best way to prevent health problems before they occur—this course helps students do just that. And now is the best time to get started.

Estimated Completion Time: 2 segments / 24-28 weeks.

Major Topics and Concepts:
Segment I:
Getting Started

- 00.01 Things to Know
- 00.02 Navigation
- 00.03 Lessons and Assessments
- 00.04 Course Specifics
- 00.05 Online Learning
- 00.06 Pace
- 00.07 Academic Integrity

Module 01: Play & Plan

- 01.00 Play and Plan Pretest
- 01.01 Importance of Physical Activity
- 01.02 Safety
- 01.03 Fitness Assessments
- 01.04 Goals
- 01.05 MAD Goals Planning
- 01.06 Cardiorespiratory Fitness
- 01.07 Training Principles
- 01.08 Health-Related Fitness
- 01.09 Module One Wellness Plan
- 01.10 Discussion-Based Assessment

Module 02: Play With Focus

- 02.00 Play With Focus Pretest
- 02.01 Flexibility
- 02.02 Monitoring Activity
- 02.03 Peer Influence
- 02.04 Muscular Strength and Endurance
- 02.05 Training Expectations and the Media
- 02.06 Skill-Related Fitness

- 02.07 Good Eats
- 02.08 Module Two Wellness Plan

Module 03: Play For Keeps

- 03.00 Play for Keeps Pretest
- 03.01 Lifetime Fitness
- 03.02 Avoidance
- 03.03 Advertising
- 03.04 Happiness
- 03.05 Module Three Wellness Plan
- 03.06 Discussion-Based Assessment
- 03.07 Segment One Exam

Segment II

Module 04: Play Smart

- 04.00 Play Smart Pretest
- 04.01 Mental Fitness
- 04.02 Healthy Relationships
- 04.03 Surrounded
- 04.04 Health and Technology
- 04.05 Personal Menu
- 04.06 Module Four Wellness Plan
- 04.07 Discussion-Based Assessment

Module 05: Play It Safe

- 05.00 Play it Safe Pretest
- 05.01 Drugs and Alcohol: Risks and Effects
- 05.02 Cost of Drugs
- 05.03 Alcohol
- 05.04 Tobacco
- 05.05 Drugs
- 05.06 Getting Help
- 05.07 Module Five Wellness Plan

Module 06: Play For Life

- 06.00 Play for Life Pretest
- 06.01 The Weight Epidemic
- 06.02 Body Composition
- 06.03 Healthy Development and Disease
- 06.04 First Aid and CPR
- 06.05 Own Your Health
- 06.06 Module Six Wellness Plan
- 06.07 Discussion-Based Assessment
- 06.08 Segment Two Exam

Course Assessment and Participation Requirements:

To achieve success, students are expected to submit work in each course weekly. Students can learn at their own pace; however, “any pace” still means that students must make progress in the course every week. To measure learning, students complete self-checks, practice lessons, multiple choice questions, projects,

discussion-based assessments, and discussions. Students are expected to maintain regular contact with teachers; the minimum requirement is monthly. When teachers, students, and parents work together, students are successful.

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