

What you will learn in this course



PERSONAL FITNESS

What does being fit really mean? Is it just based on physical appearance or is it something deeper? In life, we strive to be healthy and make sensible choices, but it's difficult to always know exactly how this can be achieved. It's not only about losing weight or lifting a heavy barbell; being physically fit entails a wealth of knowledge about body functions, environment, safety, diet, goals, and strategies for longevity. As with any realm of study, understanding real fitness requires seeing beyond the predictable into what makes us tick as physical beings and how we can increase our strength, endurance, and flexibility. Human beings, both body and mind, are complex and highly sensitive organisms that need the right kind of attention to physically excel and feel great in the process. Being fit is about living life to the fullest and making the most of what you have – yourself! Let's explore the world of healthy living and see how real fitness can be achieved through intention, effort, and just the right amount of knowledge.

Unit 1: What Is Fitness?

What does being fit really mean? Is it just based on physical appearance, or is it something deeper? In life, we strive to be healthy and make sensible choices, but it's difficult to know exactly what that means. It's not only about losing weight or lifting a heavy barbell; being physically fit entails a wealth of knowledge about our bodily functions, environment, safety, diet, goals, and strategies for longevity. Human beings are complex and highly sensitive organisms that need the right kind of attention to physically excel. Being fit is about living life to the fullest and making the most of what you have: yourself! Let's explore the world of healthy living and see how real fitness can be achieved through intention, effort, and just the right amount of knowledge.

What will you learn in this unit?

- Describe the five fitness zones and how they work together to create your personal fitness.
- Take your resting heart rate.
- Differentiate between aerobic and anaerobic activities.
- List the benefits of fitness and how health and environment are related.

| UNIT 1 Assignments | |
|------------------------------------|-------------|
| Assignment | Type |
| Unit 1 Critical Thinking Questions | Homework |
| Unit 1 Lab | Homework |
| Unit 1 Activity | Homework |
| Unit 1 Discussion 1 | Discussion |
| Unit 1 Discussion 2 | Discussion |
| Unit 1 Quiz | Quiz |

Unit 2: The Body Is a Machine

How do people do it? In this time of longer workdays and shorter meals, how do people stay fit? Staying healthy isn't magic; it's a real, methodical process that anyone, with the right amount of commitment, discipline, and know-how, can use to improve their life overall. That said, the study of personal fitness is still considered a physical science, and while it may not use test tubes and microscopes, it does demand a certain level of knowledge. The human body has many

functions and systems which work together to keep it running smoothly. Understanding these systems is the key to better understanding both your physical and mental self.

What will you learn in this unit?

- Identify the physiological effects of exercise.
- Recognize how technical movements and body alignment affect overall health.
- Apply Newton’s laws of motion to fitness.
- Determine ways to handle stress through fitness.

| UNIT 2 Assignments | |
|------------------------------------|-------------|
| Assignment | Type |
| Unit 2 Critical Thinking Questions | Homework |
| Unit 2 Lab | Homework |
| Unit 2 Activity | Homework |
| Unit 2 Discussion 1 | Discussion |
| Unit 2 Discussion 2 | Discussion |
| Unit 2 Quiz | Quiz |

Unit 3: The Science of Exercise

When most people think about exercise, they likely visualize themselves sporting some colorful gym shoes and rocking out to their favorite Spotify mix. But the more you learn about personal fitness, the more you will begin to see how it is related to a vast network of science that seeks to unlock the secrets of strength, stamina, and energy within the body. The human form is more than just a collection of bones, skin, and muscle—it is a living matrix of energetic pathways that connect the entire body to itself. Keeping fit is a lot more involved than just hitting the gym a few times a week; it requires specific knowledge about the intricacies of the body as a whole. Are you ready for a glimpse into the miracle that is your body?

What will you learn in this unit?

- Explain how different muscles work and how they relate to fitness.
- Understand how body physiology affects chemicals in the body.
- Identify the key underpinnings of various body systems.

- Consider accommodations that can be made to fitness plans to meet different physiological needs.

| UNIT 3 Assignments | |
|------------------------------------|-------------|
| Assignment | Type |
| Unit 3 Critical Thinking Questions | Homework |
| Unit 3 Lab | Homework |
| Unit 3 Activity 1 | Homework |
| Unit 3 Activity 2 | Homework |
| Unit 3 Discussion 1 | Discussion |
| Unit 3 Discussion 2 | Discussion |
| Unit 3 Quiz | Quiz |

Unit 4: Mind Your Own Fitness

The word *fitness* only conveys so much—you are physically capable and healthy—but when you have total *fitness*, that is a different story. Then, the mind supports the efforts of the body and vice versa. Achieving fitness is a personal journey, one that will require a deep level of self-acceptance and a willingness to push yourself to new limits. Designing your own unique fitness program while cultivating the right mindset for success is the winning combination to finding total fitness in your own life. When the mind and body work together, nothing can stop you!

What will you learn in this unit?

- Identify ways to assess one’s personal fitness levels.
- Understand the role of individual responsibility in enhancing overall health.
- Identify ways to set and achieve personal fitness goals.
- Make changes in your own wellness plan as the process evolves.

| UNIT 4 Assignments | |
|---------------------------|-------------|
| Assignment | Type |

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|------------------------------------|------------|
| Unit 4 Critical Thinking Questions | Homework |
| Unit 4 Lab | Homework |
| Unit 4 Activity | Homework |
| Unit 4 Discussion 1 | Discussion |
| Unit 4 Discussion 2 | Discussion |
| Unit 4 Quiz | Quiz |

Personal Fitness Midterm Exam

- Review information acquired and mastered from this course up to this point.
- Take a course exam based on material from the first four units in this course (Note: You will be able to open this exam only one time.)

| MIDTERM Assignments | |
|----------------------------|------------|
| Assignment | Type |
| Midterm Exam | Exam |
| Midterm Discussion | Discussion |

Unit 5: Cultivating Your Own Fitness

Why did you sign up for this course on personal fitness? Perhaps you want to look better. Maybe you are tired of feeling tired. Or maybe the exercises you've been doing just don't seem to be working. Regardless of your reasoning, the right way to meet your individual needs is out there—you just need to realize how to find it. Everyone's fitness experience is unique, so take a moment to sit back and think about yours. Identifying *why* you want to be fit is key to understanding *how* to motivate yourself to stick with your fitness program, especially when things get tough. And now that you have taken that all-important first step, you just need the resolve and motivation to reach your goal.

What will you learn in this unit?

- Recognize key aspects of motivation and how it can be cultivated.
- Understand the importance of both physical and mental self-evaluation.
- Identify ways to cope with setbacks in your fitness program.

- Determine methods for dealing with injuries.

| UNIT 5 Assignments | |
|------------------------------------|-------------|
| Assignment | Type |
| Unit 5 Critical Thinking Questions | Homework |
| Unit 5 Lab | Homework |
| Unit 5 Activity | Homework |
| Unit 5 Discussion 1 | Discussion |
| Unit 5 Discussion 2 | Discussion |
| Unit 5 Quiz | Quiz |

Unit 6: Nutrition and Energy

Do you ever feel confused when deciding what to eat? Calories, fat, carbohydrates—what does it all mean? Food has a direct effect on how we feel physically and emotionally. Understanding how nutrition benefits your body will provide the tools you need to reach any fitness goal and find strength and well-being in everything you do. Even though it may sound corny, you are what you eat, so take control and decide what you want to be!

What will you learn in this unit?

- Recognize practices and behaviors that lead to improved fitness and health.
- Understand methods used to reduce health risks.
- Evaluate how food choices relate to overall fitness, health, and energy.
- Identify how certain lifestyle choices regarding nutrition relate to longevity and health.

| UNIT 6 Assignments | |
|------------------------------------|-------------|
| Assignment | Type |
| Unit 6 Critical Thinking Questions | Homework |
| Unit 6 Lab | Homework |
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|---------------------|------------|
| Unit 6 Activity | Homework |
| Unit 6 Discussion 1 | Discussion |
| Unit 6 Discussion 2 | Discussion |
| Unit 6 Quiz | Quiz |

Unit 7: Body Image

What do you see when you look in the mirror? Do you see the beauty that is really there? Or do you see a disappointing collection of all the things you don't have? Maybe it's a little bit of both. Sometimes understanding the difference between what is real and imagined is difficult and can lead to negative or confusing feelings about your body. How you see yourself physically can become a preoccupation when pursuing fitness, so it's important to understand how body image is affected by outside influences, and, more importantly, how a positive self-perception can foster a healthy and productive life.

What will you learn in this unit?

- Identify the outside influencers of personal health and body image.
- Explain how cultural background can influence body image expectations.
- Describe how alcohol consumption can impact fitness and health.
- Recognize healthy strategies for losing weight and maintaining health.

| UNIT 7 Assignments | |
|------------------------------------|-------------|
| Assignment | Type |
| Unit 7 Critical Thinking Questions | Homework |
| Unit 7 Lab | Homework |
| Unit 7 Activity | Homework |
| Unit 7 Discussion 1 | Discussion |
| Unit 7 Discussion 2 | Discussion |
| Unit 7 Quiz | Quiz |

Unit 8: Training for Life

Pushing yourself to do things that enhance your well-being doesn't always feel attractive or fun —sometimes it's just a lot of hard work. So, remembering the benefits of a healthy lifestyle can really propel you forward during times of doubt or lethargy. Fitness is a *life* pursuit. And the rewards will alter your world in many wonderful new ways, offering both longevity and clarity. Make a plan, stick to it, and discover what your body can really do!

What will you learn in this unit?

- Recognize effective fitness training and conditioning practices.
- Understand the importance of sportsmanship and personal acceptance.
- Appreciate how regular training affects skills and overall performance in various physical activities.
- Identify risks and safety concerns related to lifelong activity.

| UNIT 8 Assignments | |
|------------------------------------|-------------|
| Assignment | Type |
| Unit 8 Critical Thinking Questions | Homework |
| Unit 8 Lab | Homework |
| Unit 8 Activity | Homework |
| Unit 8 Discussion 1 | Discussion |
| Unit 8 Discussion 2 | Discussion |
| Unit 8 Quiz | Quiz |

Personal Fitness Final Exam

- Review information acquired and mastered from this course up to this point.
- Take a course exam based on material from units five to eight in this course – the last four units. (Note: You will be able to open this exam only one time.)

| FINAL Assignments | |
|--------------------------|-------------|
| Assignment | Type |
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|-----------------------|------------|
| Final Exam | Exam |
| Final Exam Discussion | Discussion |