Lifetime Fitness

1. Unit 1: Beginning Fitness
   1. Introduction to Fitness
      1. Your Fitness Log
         1. Direct Instruction - Running Time: 4 min 54 sec
         2. Online Content
      2. Physical Fitness Basics
         1. Vocabulary
         2. Direct Instruction - Running Time: 27 min 5 sec
         3. Online Content
         4. Practice
         5. Quiz
      3. Physical Fitness and Lifestyle
         1. Vocabulary
         2. Direct Instruction - Running Time: 16 min 42 sec
         3. eResources
         4. Practice
         5. Quiz
      4. Physical Activity Benefits
         1. Vocabulary
         2. Direct Instruction - Running Time: 21 min 56 sec
         3. Online Content
         4. Practice
         5. Quiz
      5. Physical Fitness Attitudes
         1. Vocabulary
         2. Direct Instruction - Running Time: 10 min 35 sec
         3. Online Content
         4. Practice
         5. Quiz
      6. **Topic Test - (Must be taken in Person)**
         1. Topic Review Activity
   2. Safety
      1. Beginning An Exercise Program
         1. Vocabulary
         2. Direct Instruction - Running Time: 19 min 52 sec
         3. Online Content
         4. Practice
         5. Quiz
      2. Environmental Conditions and Safety
         1. Vocabulary
         2. Direct Instruction - Running Time: 21 min 56 sec
         3. Online Content
         4. Practice
         5. Quiz
      3. Common Sports Injuries and Prevention
         1. Vocabulary
         2. Direct Instruction - Running Time: 26 min 12 sec
         3. Online Content
         4. Practice
         5. Quiz
      4. Treatment for Common Sports Injuries
         1. Vocabulary
         2. Direct Instruction - Running Time: 29 min 4 sec
         3. Online Content
         4. Practice
         5. Quiz
      5. **Topic Test - (Must be taken in Person)**
         1. Topic Review Activity
   3. Fitness Fundamentals
      1. Principles of Exercise
         1. Vocabulary
         2. Direct Instruction - Running Time: 24 min 21 sec
         3. Online Content
         4. Practice
         5. Quiz
      2. Health-related Fitness
         1. Vocabulary
         2. Direct Instruction - Running Time: 24 min 12 sec
         3. Online Content
         4. Practice
         5. Quiz
      3. Skill-related Fitness
         1. Vocabulary
         2. Direct Instruction - Running Time: 23 min 17 sec
         3. Online Content
         4. Practice
         5. Quiz
      4. Fitness Evaluation
         1. Vocabulary
         2. Direct Instruction - Running Time: 25 min 5 sec
         3. Online Content
         4. Practice
         5. Quiz
      5. **Topic Test - (Must be taken in Person)**
         1. Topic Review Activity
   4. Biomechanical Principles
      1. Movement
         1. Vocabulary
         2. Direct Instruction - Running Time: 26 min 35 sec
         3. Online Content
         4. Practice
         5. Quiz
      2. Stability & Range of Motion
         1. Vocabulary
         2. Direct Instruction - Running Time: 20 min 0 sec
         3. Online Content
         4. Practice
         5. Quiz
      3. Integrated Movement
         1. Vocabulary
         2. Direct Instruction - Running Time: 19 min 36 sec
         3. Online Content
         4. Practice
         5. Quiz
      4. **Topic Test - (Must be taken in Person)**
         1. Topic Review Activity
2. Unit 2: Health-related Fitness
   1. Cardiorespiratory Fitness
      1. The Cardiovascular and Respiratory Systems
         1. Vocabulary
         2. Direct Instruction - Running Time: 27 min 41 sec
         3. Online Content
         4. Practice
         5. Quiz
      2. Cardiovascular Diseases
         1. Vocabulary
         2. Direct Instruction - Running Time: 22 min 2 sec
         3. Online Content
         4. Practice
         5. Quiz
      3. Physical Activity and Cardiorespiratory Fitness
         1. Vocabulary
         2. Direct Instruction - Running Time: 20 min 23 sec
         3. Online Content
         4. Practice
         5. Quiz
      4. Developing Cardiorespiratory Fitness
         1. Vocabulary
         2. Direct Instruction - Running Time: 17 min 56 sec
         3. Online Content
         4. Practice
         5. Quiz
      5. Exploring Activities for Cardiorespiratory Fitness
         1. Vocabulary
         2. Direct Instruction - Running Time: 21 min 24 sec
         3. eResources
         4. Practice
         5. Quiz
      6. **Topic Test - (Must be taken in Person)**
         1. Topic Review Activity
   2. Muscular Fitness
      1. The Skeletal, Muscular, and Nervous Systems
         1. Vocabulary
         2. Direct Instruction - Running Time: 28 min 18 sec
         3. Online Content
         4. Practice
         5. Quiz
      2. Muscular Strength and Endurance
         1. Vocabulary
         2. Direct Instruction - Running Time: 25 min 6 sec
         3. Online Content
         4. Practice
         5. Quiz
      3. Developing Muscular Strength and Endurance
         1. Vocabulary
         2. Direct Instruction - Running Time: 26 min 5 sec
         3. Online Content
         4. Practice
         5. Quiz
      4. Safe Weight Training
         1. Vocabulary
         2. Direct Instruction - Running Time: 31 min 42 sec
         3. Online Content
         4. Practice
         5. Quiz
      5. Exploring Exercises for Muscular Fitness
         1. Vocabulary
         2. Direct Instruction - Running Time: 36 min 46 sec
         3. Online Content
         4. Practice
         5. Quiz
      6. **Topic Test - (Must be taken in Person)**
         1. Topic Review Activity
   3. Flexibility
      1. Factors Influencing Flexibility
         1. Vocabulary
         2. Direct Instruction - Running Time: 16 min 24 sec
         3. Online Content
         4. Practice
         5. Quiz
      2. Physical Activity and Flexibility
         1. Vocabulary
         2. Direct Instruction - Running Time: 24 min 49 sec
         3. Online Content
         4. Practice
         5. Quiz
      3. Safe and Effective Stretching
         1. Vocabulary
         2. Direct Instruction - Running Time: 22 min 36 sec
         3. Online Content
         4. Practice
         5. Quiz
      4. **Topic Test - (Must be taken in Person)**
         1. Topic Review Activity
   4. Nutrition
      1. Food and Health
         1. Vocabulary
         2. Direct Instruction - Running Time: 23 min 40 sec
         3. eResources
         4. Practice
         5. Quiz
      2. Nutritional Needs
         1. Vocabulary
         2. Direct Instruction - Running Time: 25 min 57 sec
         3. Online Content
      3. Interactive
         1. Practice
         2. Quiz
      4. Guidelines for Healthy Eating
         1. Vocabulary
         2. Direct Instruction - Running Time: 28 min 10 sec
         3. Online Content
         4. Practice
         5. Quiz
      5. **Topic Test - (Must be taken in Person)**
         1. Topic Review Activity
   5. Body Composition
      1. Healthy Body Composition
         1. Vocabulary
         2. Direct Instruction - Running Time: 18 min 34 sec
         3. Online Content
         4. Practice
         5. Quiz
      2. Determining and Controlling Body Composition
         1. Vocabulary
         2. Direct Instruction - Running Time: 27 min 25 sec
         3. Online Content
         4. Practice
         5. Quiz
      3. Diets
         1. Vocabulary
         2. Direct Instruction - Running Time: 27 min 39 sec
         3. Online Content
         4. Practice
         5. Quiz
      4. Body Image and Eating Disorders
         1. Vocabulary
         2. Direct Instruction - Running Time: 32 min 27 sec
         3. Online Content
         4. Practice
         5. Quiz
      5. **Topic Test - (Must be taken in Person)**
         1. Topic Review Activity
3. Unit 3: Skills for Lifelong Fitness
   1. Introduction to Sports
      1. Team Sports
         1. Vocabulary
         2. Direct Instruction - Running Time: 22 min 23 sec
         3. Online Content
         4. Practice
         5. Quiz
      2. Individual Sports
         1. Vocabulary
         2. Direct Instruction - Running Time: 25 min 9 sec
         3. Online Content
         4. Practice
         5. Quiz
      3. Skills and Tactics
         1. Vocabulary
         2. Direct Instruction - Running Time: 23 min 14 sec
         3. Online Content
         4. Practice
         5. Quiz
      4. Participating in Sports
         1. Vocabulary
         2. Direct Instruction - Running Time: 25 min 22 sec
         3. Online Content
         4. Practice
         5. Quiz
      5. Being a Good Sport
         1. Vocabulary
         2. Direct Instruction - Running Time: 21 min 2 sec
         3. Online Content
         4. Practice
         5. Quiz
      6. Diversity in Sports
         1. Vocabulary
         2. Direct Instruction - Running Time: 20 min 19 sec
         3. eResources
         4. Practice
         5. Quiz
      7. **Topic Test - (Must be taken in Person)**
         1. Topic Review Activity
   2. Skills for Success in Athletics
      1. Leadership
         1. Vocabulary
         2. Direct Instruction - Running Time: 23 min 55 sec
         3. Online Content
         4. Practice
         5. Quiz
      2. Conflict Management
         1. Vocabulary
         2. Direct Instruction - Running Time: 28 min 41 sec
         3. Online Content
         4. Practice
         5. Quiz
      3. Communication
         1. Vocabulary
         2. Direct Instruction - Running Time: 21 min 40 sec
         3. Online Content
         4. Practice
         5. Quiz
      4. **Topic Test - (Must be taken in Person)**
         1. Topic Review Activity
   3. Stress Management
      1. Stress and Health
         1. Vocabulary
         2. Direct Instruction - Running Time: 21 min 49 sec
         3. Online Content
         4. Practice
         5. Quiz
      2. Coping with Stress
         1. Vocabulary
         2. Direct Instruction - Running Time: 15 min 20 sec
         3. Online Content
         4. Practice
         5. Quiz
      3. Time Management
         1. Vocabulary
         2. Direct Instruction - Running Time: 16 min 44 sec
         3. Online Content
         4. Practice
         5. Quiz
      4. **Topic Test - (Must be taken in Person)**
         1. Topic Review Activity
   4. Designing a Personal Fitness Plan
      1. Setting Healthy Goals
         1. Vocabulary
         2. Direct Instruction - Running Time: 28 min 11 sec
         3. Online Content
         4. Practice
         5. Quiz
      2. Activity Selection
         1. Vocabulary
         2. Direct Instruction - Running Time: 30 min 37 sec
         3. Online Content
         4. Practice
         5. Quiz
      3. Your Fitness Plan
         1. Vocabulary
         2. Direct Instruction - Running Time: 22 min 37 sec
         3. Online Content
         4. Practice
         5. Quiz
      4. **Topic Test - (Must be taken in Person)**
         1. Topic Review Activity
   5. Consuming Wisely
      1. Making Consumer Choices
         1. Vocabulary
         2. Direct Instruction - Running Time: 32 min 9 sec
         3. Online Content
         4. Practice
         5. Quiz
      2. Choosing Health Services
         1. Vocabulary
         2. Direct Instruction - Running Time: 36 min 15 sec
         3. Online Content
         4. Practice
         5. Quiz
      3. Dealing with Consumer Issues
         1. Vocabulary
         2. Direct Instruction - Running Time: 26 min 43 sec
         3. Online Content
         4. Practice
         5. Quiz
      4. Fitness Centers and Equipment
         1. Vocabulary
         2. Direct Instruction - Running Time: 23 min 23 sec
         3. Online Content
         4. Practice
         5. Quiz
      5. **Topic Test - (Must be taken in Person)**
         1. Topic Review Activity
   6. Lifetime Fitness
      1. Aging and Fitness
         1. Vocabulary
         2. Direct Instruction - Running Time: 20 min 59 sec
         3. Online Content
         4. Practice
         5. Quiz
      2. Lifetime Fitness
         1. Vocabulary
         2. Direct Instruction - Running Time: 17 min 37 sec
         3. Online Content
         4. Practice
         5. Quiz
      3. Fitness and Wellness Careers
         1. Vocabulary
         2. Direct Instruction - Running Time: 25 min 47 sec
         3. Online Content
         4. Practice
         5. Quiz
      4. **Topic Test - (Must be taken in Person)**
         1. Topic Review Activity
4. Cumulative Exam - (Must be taken in Person)
   1. Cumulative Review Activity