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