

# **Fitness for Life**

## **Course Information:**

0.5 Credit

Asynchronous Spark Course

Course Site: <https://akgrad.sparkeducation.com/>

**Description:** Fitness for Life is an individualized and concept-based course designed to give students the knowledge and skills necessary to self-assess, create, conduct, evaluate, and redesign personal fitness programs. The course is a combination of classroom- and activity-based learning activities, with a focus on proper nutrition and the mastery of skills and concepts necessary for students to be able to monitor their own personal lifetime fitness. Through participation, students learn to compare the fitness benefits in a variety of activities.

**Course Organization:** The course is divided into twelve lessons contained in eight units. Lessons are mostly text with some links to outside resources. Lessons are followed by a quiz and/or assignment(s).

## **Materials Required:**

- Computer or tablet with Internet access

**Academic Dishonesty:** With most correspondence courses as well as AKGrad & YKSD, honesty of parents and students is essential. If an AK Grad teacher confirms that a student has plagiarized work or used AI, the student will receive a 0 and be subject to consequences determined by their school of record.

**Grading:** In this course you will be graded on quizzes, assignments, activity logs, and two post-assessments.

- **Quizzes:** There are 8 quizzes. Quizzes are mostly computer scored and you can see your incorrect answers immediately so you can retake if necessary. The question format is largely multiple choice but can also include fill-in-the-blank, matching, or short answer. It is also permissible to use notes, study materials, and books on the quizzes. You have 2 tries to take each quiz and additional attempts can be given upon request.
- **Assignments:** There are 24 teacher-graded assignments in total. Each assignment requires you to create a document or piece of media that demonstrates your understanding of the material. Assignment formats include audio or video recordings, presentations, diagrams, and short writing tasks. Your work will be evaluated based on how effectively you support your responses with evidence from the course content and your own investigations.

- **Activity Logs:** This is an ongoing assignment. In order to obtain full credit for this assignment, you will start the log at the beginning of the course and continue to keep activity logs throughout the class. You will submit 8 activity logs in total.
- **Post-Assessments:** Post-assessments are cumulative. There is a post-assessment at the end of each quarter.

The following grading scale will be used for determining your final grade. After completing the course with a "D-" or better you will receive 0.5 Carnegie credit from the Yukon Koyukuk School District.

Percent	Grade
97% - 100%	A+
93% - 96%	A
90% - 92%	A-
87% - 89%	B+
83% - 86%	B
80% - 82%	B-
77% - 79%	C+
73% - 76%	C
70% - 72%	C-
67% - 69%	D+
63% - 66%	D
60% - 62%	D-
< 60%	F

**Course Schedule:** Though you are in charge of your own schedule, we will encourage you to create a schedule for completing the course. As your teacher, I will support you in meeting your goals. A pacing guide is provided in the course. The following is a list of Units that need to be completed.

**Units:**

<b><u>Quarter 1</u></b>	<b><u>Quarter 2</u></b>
<ul style="list-style-type: none"><li>● Unit: Getting Started with Exercise</li><li>● Unit: Flexibility</li><li>● Unit: Cardiovascular Fitness</li><li>● Unit: Muscular Strength and Endurance</li></ul>	<ul style="list-style-type: none"><li>● Unit: Body Composition and Weight Management</li><li>● Unit: Nutrition</li><li>● Unit: Designing Your Own Program</li><li>● Unit: Stress Management</li></ul>

**Subject to Change**

This syllabus and schedule are subject to change in the event of extenuating circumstances. Your instructor will notify you of changes via Spark announcements.