

COURSE SCHEDULE

() Chapters from textbook

ClassroomLabsWeek 1 – Jan. 3

Introduction, Course Outline

Week 2 – Jan. 7

Wellness and fitness (1)

Par-Q, Wellness Inventory
1,2Week 3 – Jan. 14

Principles of Exercise (4), Cardiorespiratory Fitness (5)

Interval Training

Week 4 – Jan. 21

Cardiorespiratory Fitness (5)

Fitness Assessment

Week 5 – Jan. 28

Flexibility (7), Posture, Back Care (7)

Posture Pictures

Week 6 – Feb. 4

Muscular Strength and Endurance (6)

Flexibility

Week 7 – Feb. 11

Stress management (10)

Progressive Relaxation

Week 8 – Feb. 18Exercise Cautions, **Feb. 21 – Test No. 1**

Autogenic Training

Week 9 – March 4

Nutrition (8)

Grocery Store Tour

Week 10 – March 11

AIDS (13)

No lab – Volleyball
NationalsWeek 11 – March 18

Body composition (9), Weight management, Eating Disorders

Body Composition

Week 12 – March 25

Heart Disease (13) Cancer (13), Smoking, Alcohol (11)

Blood Pressure

Week 13 – April 1

Nov. 26 Fitness fraud (15), Exercise and the Elderly (15)

Fitness re-assessment

Week 14 – April 8Wrap-up and review, **April 11 - Test No. 2**