

HOW DOES CVA PERSONAL FITNESS WORK?

**Confused about how Personal Fitness works as an online class?
Here's how!**

WRITTEN ASSIGNMENTS

Like other CVA courses, students demonstrate mastery of standards through quizzes, tests, and portfolios. Reliable computer and internet access are crucial to success!



WORKOUT EQUIPMENT

Unique to the CVA Personal Fitness course is one mandatory face-to-face session that lasts 2 hours. Students receive Polar heart rate equipment and may complete a FitnessGram assessment.



WORKOUTS!

Workouts are 60% of the final course grade and must be completed. There are time and minimum heart rate requirements for workouts. Students complete a combination of cardio and strength workouts during each week of the course.

FINAL EXAM & EQUIPMENT RETURN

Personal Fitness students have an online Final Exam to complete and must return their Polar heart rate equipment on the assigned date. Students will have to pay for lost or damaged Polar equipment.



THAT'S HOW IT WORKS!