



Course Syllabus: PERSONAL FITNESS

Course Description

This course is designed to help students understand why exercise and fitness are important in developing a healthy and active lifestyle. The course emphasizes successful strategies for maintaining good cardiovascular endurance, flexibility, muscular strength, muscular endurance and body composition. It will follow a conceptual approach dealing with the following topics: the nature of fitness, assessing individual fitness, developing and maintaining a life-long fitness program, and developing an appreciation for efficient movement by viewing it as both an art and a science. Fitness progress and assessments will be made utilizing POLAR Heart Rate Monitor technology to determine cardiovascular fitness levels and their relation to the individuals target heart rate zone.

PLEASE NOTE: CVA Personal Fitness does NOT include the Alcohol and Drug Awareness (ADAP) training required for obtaining a driver's license. Students that take CVA Personal Fitness are eligible to take the Online ADAP program offered for free by the State of Georgia.

This course includes the following modules:

Module 1 – Play and Plan focuses on personal wellness planning and fitness principles.

Module 2 – Play with Focus focuses on fitness components.

Textbook

There is no required textbook for this course. All course content is digital and available in the online course modules.

Course Participation Policy

Students should follow the Course Schedule (located in Course Information area of course) and all course work must be submitted no later than 11:59 PM on the due date.

After the due date has passed, instructors will enter zeros in the Grade Center for work not submitted by the deadline. During student breaks and towards the end of the semester, students may have the opportunity to improve their course grade by completing and submitting work with grades of zero from earlier in the semester. Zeros will remain in the Grade Center until course work is submitted and evaluated by the instructor.

The CVA term ends prior to the end of the traditional school semester. The final date work will be accepted each term is posted on the CVA website (cobbvirtualacademy.org).

[Health and Personal Fitness and AP course work submitted after the due date will be assessed a 15% late penalty.]

Grading

Grades for the course are calculated based on category percentages as follows:

Quizzes & Assignments = 10%

Portfolios & Tests = 20%

Workout Completion & Submission = 60%

Final Exam = 10%

Academic Integrity

Academic integrity is the cornerstone of learning at CVA and we take the integrity and authenticity of student work very seriously. When academic integrity is maintained, students will make decisions based on values that will prepare them to be productive, meaningful, and ethical citizens.

Students are required to abide by the CVA Academic Integrity Policy. Academic dishonesty in any form will not be tolerated. The CVA Academic Integrity Policy outlines the consequences if students fail to maintain academic integrity in their course. For additional information, the CVA Academic Integrity Policy is posted on the CVA website.

Additional General Information

- Students must complete the mandatory online CVA Student Orientation each term before any course work will be graded by the instructor. Only one Student Orientation is completed each term.
- All course work must be submitted through Blackboard in the format requested. Students should have access to Microsoft Office and submit assignments in that format. All CCSD students have access to the Office 365 Suite. Assignments submitted through email will not be accepted.
- The 'Grade before Final Exam/EOC' column in the student Grade Center shows the current grade for the course and is automatically calculated.
- Students in all sections of this course will take an online final exam during the times indicated on the CVA website.

Course Specific Information

- Workouts are an integral part to Personal Fitness. Polar equipment is issued to each student to track their workouts in Polar Flow. Students are required to accept their teacher's invitation to be their "Polar Coach" on the Flow website. This allows teachers to verify student workouts. Heart rate data must be present in Polar Flow for a workout to be submitted for grading. A form is provided in the course to submit through Blackboard for each week of workouts throughout the term. Consult your Course Schedule and the Weekly Workouts section of the course for further instructions and requirements for workouts.
- Students are required to complete the state mandated FitnessGram assessment in this course.