



Carone Fitness

The Personal Fitness Suite

Course Catalog

2009-2010 School Year

Health Science

Health & Personal Wellness
Life Skills*
Nutrition
Exercise Science

Physical Education

Fitness Fundamentals I
Fitness Fundamentals II**
Walking Fitness**
Running**
Strength Training**
Flexibility Training**
Intro to Group Sports*
Intro to Individual Sports*

PE Variations

Credit Recovery PE
Fitness Fundamentals I: Summer Version
Homebound PE

Supplemental Materials

Exercise Library

- Unless otherwise specified, courses are appropriate for grades 9-12.
- *Indicates course is appropriate for grades 6-12.
- **Fitness Fundamentals I is recommended pre-requisite for course
- The Exercise Library is included complimentary with every Carone Fitness PE course



Carone Fitness

The Personal Fitness Suite

Course Descriptions

Health Science

Health & Personal Wellness

This comprehensive health course provides students with essential knowledge and decision-making skills for a healthy lifestyle. Students analyze aspects of emotional, social, and physical health and how these realms of health influence each other. Students apply principles of health and wellness to their own lives. In addition, they study behavior change and set health goals to work on throughout the semester. Additional topics of study include healthy relationships, reproductive health, disease transmission, substance abuse, safety and injury prevention, environmental health, and consumer health.

Life Skills

This course allows students to explore their personality type and interests, as well as refine important skills that will benefit them throughout their lives, including personal nutrition and fitness skills, time & stress management, communication & healthy relationships, goal setting, study skills, leadership and service, environmental and consumer health, and personal finances. In addition, students explore possible colleges and careers that match their needs, interests, and talents.

- *This course is recommended for grades 6-10.*

Nutrition

This course takes students through a comprehensive study of nutritional principles and guidelines. Students learn about worldwide views of nutrition, essential nutrient requirements, physiological processes, food labeling, weight management, healthy food choices, fitness, diet-related diseases and disorders, food handling, healthy cooking, nutrition for different populations, and more. Students gain important knowledge and skills to aid them in attaining and maintaining a healthy and nutritious lifestyle.

Exercise Science

This course guides students through an in-depth examination of the effects of exercise on the body. Students learn how to exercise efficiently and properly and how to motivate themselves and others. Basic anatomy, biomechanics, and physiology will serve as a foundation for students to build effective exercise programs. The study of nutrition and human behavior is also an integral part of the course to enhance the student comprehension of this multifaceted subject.

- *This course is recommended for grades 10-12.*

Physical Education

Fitness Fundamentals I: Getting FIT

This course is designed to provide students with the basic skills and information needed to begin a personalized exercise program and maintain an active and healthy lifestyle. Students participate in pre- and post fitness assessments in which they measure and analyze their own levels of fitness based on the five components of physical fitness: muscular strength, endurance, cardiovascular fitness, flexibility, and body composition. In this course, students research the benefits of physical activity, as well as the techniques, principles, and guidelines of exercise to keep them safe and healthy. Throughout this course students participate in a weekly fitness program involving elements of cardio, strength, and flexibility.

- *This course is a prerequisite to other courses in the PE Fitness Suite. After completing FF1, additional courses in the suite may be taken in any order.*
- *This course is available in an 8-week format that is ideal for summer sessions.*

Fitness Fundamentals II: Cardio, Strength, & Flexibility

This course takes a more in-depth look at the five components of physical fitness touched on in Fitness Fundamentals I: muscular strength, endurance, cardiovascular health, flexibility, and body composition. This course allows students to discover new interests as they experiment with a variety of exercises in a non-competitive atmosphere. By targeting different areas of fitness, students increase their understanding of health habits and practices and improve their overall fitness level. Students take a pre- and post fitness assessment. Throughout this course students also participate in a weekly fitness program involving elements of cardio, strength, and flexibility.

- *Fitness Fundamentals I is a recommended prerequisite for this course.*

Walking Fitness

This course helps students establish a regular walking program for health and fitness. Walking is appropriate for students of all fitness levels and is a great way to maintain a moderately active lifestyle. In addition to reviewing fundamental principles of fitness, students learn about goals and motivation, levels of training, walking mechanics, safety and injury prevention, appropriate attire, walking in the elements, good nutrition and hydration, and effective cross-training. Students take a pre- and post fitness assessment. Throughout this course students also participate in a weekly fitness program involving walking, as well as elements of resistance training and flexibility.

- *Fitness Fundamentals I is a recommended prerequisite for this course.*

Running

This course is appropriate for beginning, intermediate, and advanced runners and offers a variety of training schedules for each. In addition to reviewing the fundamental principles of fitness, students learn about goals and motivation, levels of training, running mechanics, safety and injury prevention, appropriate attire, running in the elements, good nutrition and hydration, and effective cross-training. While this course focuses mainly on running for fun and fitness, it also briefly explores the realm of competitive racing. Students take a pre- and post fitness assessment. Throughout this course students also participate in a weekly fitness program involving running, as well as elements of resistance training and flexibility.

- *Fitness Fundamentals I is a recommended prerequisite for this course.*

Strength Training

This course focuses on the fitness components of muscular strength and endurance. Students establish their fitness level, set goals, and design their own resistance training program. They study muscular anatomy and learn specific exercises to strengthen each muscle or muscle group. Students focus on proper posture and technique while training. They also gain an understanding of how to apply the FITT principles and other fundamental exercise principles, such as progression and overload, to strength training. This course also discusses good nutrition and effective cross-training. Students take a pre- and post fitness assessment. Throughout this course students also participate in a weekly fitness program involving strength training, as well as elements of cardio and flexibility.

- *This course is recommended for grades 10-12.*
- *Fitness Fundamentals I is a recommended prerequisite for this course.*

Flexibility Training

This course focuses on the often-neglected fitness component of flexibility. Students establish their fitness level, set goals, and design their own flexibility training program. They study muscular anatomy and learn specific exercises to stretch each muscle or muscle group. Students focus on proper posture and technique while training. They also gain an understanding of how to apply the FITT principles to flexibility training. This course explores aspects of static, isometric, and dynamic stretching, as well as touch on aspects of yoga and Pilates. This course also discusses good nutrition and effective cross-training. Students take a pre- and post fitness assessment. Throughout this course students also participate in a weekly fitness program involving flexibility training, as well as elements of cardio and strength training.

- *Fitness Fundamentals I is a recommended prerequisite for this course.*

Intro to Group Sports

This course provides students with an overview of group sports. Students learn about a variety of sports, yet do an in-depth study of soccer, basketball, baseball/softball, and volleyball. Students learn not only the history, rules, and guidelines of each sport, but practice specific skills related to each sport. Students also learn about sportsmanship and teamwork. In addition, students study elements of personal fitness, goal setting, sport safety, and sports nutrition. Students conduct a pre- and post fitness assessment, as well as participate in weekly physical activity.

- *This course is recommended for grades 6-12.*

Intro to Individual Sports

This course provides students with an overview of individual sports. Students learn about a variety of sports, yet do an in-depth study of running, walking, strength training, yoga, Pilates, dance, and cross-training. Students learn not only the history, rules, and guidelines of each sport, but practice specific skills related to each sport. Students also learn about the components of fitness, FIT principles, benefits of fitness, safety and technique, and good nutrition. Students conduct a pre- and post fitness assessment, as well as participate in weekly physical activity.

- *This course is recommended for grades 6-12.*

Physical Education Variations

Fitness Fundamentals I: Summer Version

This course is designed to provide students with the basic skills and information needed to begin a personalized exercise program and maintain an active and healthy lifestyle. Students participate in pre- and post fitness assessments in which they measure and analyze their own levels of fitness based on the five components of physical fitness: muscular strength, endurance, cardiovascular fitness, flexibility, and body composition. In this course, students research the benefits of physical activity, as well as the techniques, principles, and guidelines of exercise to keep them safe and healthy. Students participate in regular weekly physical activity throughout this course.

- *This course can be completed in 8 weeks.*

Credit Recovery PE

This course is ideal for students who have had prior exposure to physical education, yet were unable to receive credit for their previous work. This course contains all the essential content with reduced coursework. Students learn about the FITT principles, the components of physical fitness, and the benefits of physical activity, as well as the techniques, principles, and guidelines of exercise to keep them safe and healthy. Students participate in weekly physical activity throughout this course.

- *This course can be completed in 6-8 weeks.*

Homebound PE

This course is ideal for students who are momentarily unable to attend their regular school, yet wish to maintain their coursework. This course has 13 weeks of total content, yet runs on a week by week basis—allowing students to register for any number of weeks needed. Throughout the course students participate in regular weekly physical activity, as well as learn about the FITT principles, components of fitness, exercise safety, nutrition, and other important aspects of health and fitness.

Supplemental Materials

Exercise Library

The Exercise Library is a great PE resource with descriptions, pictures, and video of over 100 exercises—including resistance training, flexibility training, yoga, and Pilates exercises. Students can search for exercises by muscle group or equipment type. The library includes many exercises that require no equipment at all. The Exercise Library is included complimentary with every Carone Fitness physical education course.