



# Carone Fitness

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## The Personal Fitness Suite

### Course Features

#### Standards

- Every Carone Fitness course is based on state and national academic standards.
- Carone Fitness courses meet the *National Standards of Quality for Online Courses* as identified by the North American Council for Online Learning (NACOL).
- Carone Fitness courses have been reviewed and approved by the California Learning Resource Network (CLRN).

#### Learning Objects

- 40-80 multimedia lessons are included with each Carone Fitness course. These lessons include pictures, text, audio, and some video. Although lessons are automated, students also have control to pause, move forward, or go back through presentations as needed.
- Text versions of each lesson are available to students who have only low-bandwidth internet access. Additionally, students may wish to print the lessons for review purposes.
- Upon request, a master CD with multimedia lessons can be provided to the school with permission to duplicate copies for students with low-bandwidth internet access.
- Additional guided exploration options are available for each lesson topic through links to credible internet resources.

#### Collaboration

- Students participate in weekly threaded discussion forums in which they discuss a specific health or fitness topic with the rest of the class.
- Additional discussion forums are available in select courses for students to share their “trials and triumphs,” or the highs and lows of their workouts, and garner peer support.

#### Tasks & Assessments

- Each Carone fitness course contains weekly assignments and quizzes.
- Assignments help students process the information they have learned and account for it through a creative project/assignment.
- Weekly quizzes are provided to assess student knowledge of the material learned in the lessons.

##### Health Science Courses

- Unit assessments are provided in the health science courses.
- “Reflections”, or guided journal entries, are required weekly in the health science courses. These entries help students consider and self-apply the information they have learned..
- The health science courses contain section reviews and flash-card-like vocabulary checks to help students process information and self-assess their learning.

##### Fitness Courses

- Students complete weekly workouts and submit detailed records of their exercise.
- Parent or supervisor verification is required for all fitness logs.
- Students participate in pre- and post fitness assessments.
- Students have regular “checkpoints” where they evaluate their fitness progress.



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### Services

Carone Fitness offers a variety of services and agreements:

- Course content can be used on client school's learning management system.
- Courses can be hosted on a learning management system through Carone Fitness.
- Teaching services are available upon request.

### Learning Management Systems

Carone Fitness courses are LMS interoperable so they can easily be moved from one learning management system (LMS) to another. Our courses currently reside on eCollege, Moodle, Angel, Blackboard, and a variety of propriety learning management systems.

### Materials

- Teacher Guides are provided with each Carone Fitness course.
- The health course teacher guide offers alternative or supplemental assignments.
- No additional materials are required for students taking courses in *The Personal Fitness Suite*. However, there are some recommended materials for the fitness courses, listed below.
  - Heart Rate Monitor
  - Spri Resistance Tubing Kit, <http://www.spriproducts.com/Item.aspx?ItemID=183>

### Technical Requirements

Carone Fitness courses require the following free downloads:

- Java Player [http://www.java.com/en/download/windows\\_ie.jsp](http://www.java.com/en/download/windows_ie.jsp)
- Flash Player  
[http://www.adobe.com/shockwave/download/download.cgi?P1\\_Prod\\_Version=shockwaveFlash](http://www.adobe.com/shockwave/download/download.cgi?P1_Prod_Version=shockwaveFlash)
- Adobe Reader <http://www.adobe.com/products/acrobat/readstep2.html>
- Quicktime Player <http://www.apple.com/quicktime/download/win.html>