

ONLINE PERSONAL FITNESS

Summer 2024

Tampa Catholic High School

COURSE INFORMATION

- **Instructor:** Whitney Witthun
- **Dates:** May 29th – July 12th
- **Online Office Hours:** Monday – Sunday (response to emails within 24 hours)
- **E-mail:** wwitthun@tampacatholic.org
- **Cost:** \$335.00 – Payment due by May 23rd through **link** – <https://payit.nelnet.net/form/2dUUf15d>

COURSE DESCRIPTION

This required course is designed to provide Tampa Catholic High School students with current information about their personal health and well-being. Through this course students will learn how to analyze surrounding influences, identify risks, make health enhancing decisions, set health related goals, and learn how they can advocate healthy behavior for peers. In addition, the required text, Fitness for Life, is based on the proven HELP philosophy: Health for Everyone for a Lifetime in a very Personal way.

This course is designed for independent learning. Students with academic challenges will not receive support from the Learning Resource Center during the summer.

UNITS COVERED

- **BUILDING A FOUNDATION:** Fitness, Health & Wellness for All; Physical Activity & Healthy Lifestyles for All; Goal Setting and Program Planning
- **SAFE & SMART HEALTH-ENHANCING PHYSICAL ACTIVITY:** Safe & Smart Physical Activity; Social, Health, & Wellness Benefits of Physical Activity; How Much is Enough?
- **MODERATE & VIGOROUS PHYSICAL ACTIVITY:** Moderate Physical Activity & Avoiding Sedentary Living; Cardiorespiratory Endurance; Vigorous Physical Activity.
- **MUSCLE FITNESS & FLEXIBILITY:** Muscle Fitness Basics; Muscle Fitness Applications; Flexibility.
- **SKILLS, SKILL-RELATED FITNESS, BODY COMPOSITION, & PROGRAM PLANNING:** Skill-Related Fitness, Skills, Tactics, & Strategy; Body Composition & Energy Balance; Planning & Maintaining Active Lifestyles.
- **LIVING WELL: MAKING HEALTHY CHOICES:** Choosing Nutritious Food; Stress Management; Making Healthy Choices & Planning for Health & Wellness.

STUDENT MATERIALS

1. TEXT BOOK – Fitness for Life

Students are responsible for purchasing this ebook or hard copy before the course begins

2. COMPUTER or IPAD

3. INTERNET ACCESS

This class is WEB BASED therefore students will NEED to have access to the INTERNET in order to successfully complete this course.

COURSE OUTLINE

➤ FACE TO FACE CLASSES

- The class will be meeting **in person** three times throughout the Summer Term at Tampa Catholic in Champions Hall located in the Gymnasium. These face-to-face classes are **MANDATORY** and students will **NOT** Pass the course if they miss any of these classes. All classes will be from **9:00-11:00am unless** an alternate date is approved by the instructor.
- **May 29th – 1st Class – Meet in Learning Lab on Main Campus** – In this class the instructor will be going over the course on Canvas and making sure students have access to the online book. This is a time for the instructor to make sure each student understands how to use Canvas and if there are any questions about the course. Parents are encouraged to attend this class with their child to ask any questions about the course.
- **June 21st – 2nd Class – Meet in Champions Hall in Gym – MIDTERM** – This will be a written Midterm on Chapters 1 - 9 as well as some physical activities that will take place in our weight room. Students should wear gym clothes to the exam and be ready to complete some physical activities as part of this summative.
- **July 12th – 3rd Class – Meet in Champions Hall in Gym – FINAL** - This will be a written Final on Chapters 10 - 18 as well as some physical activities that will take place in our weight room. Students should wear gym clothes to the exam and be ready to complete some physical activities as part of this final summative.

➤ STUDENT EXPECTATIONS

- This class will be delivered completely online. It is a complete web-based class coordinated through **CANVAS** and the instructor. As a student choosing to enroll in this Online Personal Fitness each student will need to take **EXTRA RESPONSIBILITY TO WORK INDEPENDENTLY!** Students are expected to read assigned chapters, review online lectures, participate in discussions, take quizzes, and submit assignments by the established due date.

➤ WORK POLICIES

- Students will **NOT** be able to make up work once the due date has passed. **NO EXCEPTIONS**.
- There will be **NO retakes** given for any reason.
- ***The instructor will allow students to work ahead as long as the work is completed in the proper sequence.***
 - Each module is named weekly and ends with a Summative quiz that must be completed by the Friday of that week – no exceptions, but if you work ahead you can go to the next module as long as the work is done in the one before.
 - If you need to arrange a different time to take the Midterm Summative you are still responsible for completing the work **BEFORE** you take the midterm – no exceptions.
 - If you need to arrange a different time to take the Final Summative it must be scheduled **BEFORE** the class is set to end on July 12th and all work must be turned in prior to the student taking the final.

➤ GRADING

The LETTER grade awarded in this course will be included in the calculation of the cumulative GPA

- **FORMATIVE ASSESSMENTS** **20%**
 - **Assignments / Projects**
 - There will be assignments every week in each module that pertain to the reading.
 - The instructor will assign projects throughout the course for students to complete in a timely manner. It is the student's responsibility to know the due dates for each project.

- **Discussions**
 - Students answer / response to the discussions will be due by Sunday at (11pm).
- **SUMMATIVE ASSESSMENTS** **80%**
 - **Unit Test**
 - There will be a quiz at the end of every week. The quiz will be the last item to complete each module and will be due every Friday at midnight. Students will only get one attempt and it will be a timed quiz. Each student will be responsible for studying the necessary material in order to complete the quiz in the allotted time.
 - **Fitness Task Checklist**
 - This will be an accumulation of different fitness tasks that have been completed over the course of the Semester. I will track the fitness activities you did on your own and then complete the activities you did in person with me at our meetings on the same paper. On our last day of class, we will make sure you have the checklist completed so you receive full credit.
 - This is a completion / effort-based grade – every student has a different fitness level and will not be graded on a specific time or amount reached of each fitness task, but instead will be graded on successfully completing each task to the best of their physical ability.