



## Course Syllabus: PERSONAL FITNESS

### Course Description

Introduces methods to attain a healthy level of physical fitness; implements a lifetime fitness program based on a personal fitness assessment that stresses strength, muscular endurance, flexibility, body composition, and cardiovascular endurance; includes instruction in fitness principles, nutrition, fad diets, weight control, stress management, adherence strategies, and consumer information; and promotes self-awareness and responsibility for fitness. Fitness progress and assessments will be made using your choice of your own Heart Rate Monitoring device or CVA will provide one for you. This data will be used to determine cardiovascular fitness levels in relation to the individual's 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 – Walking the Talk** focuses on safety, fitness assessments, personal wellness planning, and principles of fitness.

**Module 2 – Hard Work Pays Off** focuses on components of fitness, nutrition, stress management, and how to remain strong as you get older.

**Workouts** -- Students will complete both cardio and strength workouts.

### Textbook

There is no textbook required 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](http://cobbvirtualacademy.org)).

## **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 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 of Personal Fitness. You can choose to calculate your HR with your own device, or Cobb Virtual Academy will provide one.
- If using your own device, or a CVA issued one, you must be able to upload screenshots of your workouts that include the following information: Date/time of workout, duration of workout, heart rate data graph, and average heart rate.
- 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.

## **Final Exam Exemption**

In order to qualify to exempt the Final Exam in this course, students must:

- Submit ALL coursework on or before the Due Date
- Have an 85% Course Grade or higher before the Final Exam
- Have no more than 1 Academic Integrity violation