

# CVA Personal Fitness Syllabus



**COBB VIRTUAL ACADEMY**  
Class. Virtually. Anywhere.

## Class 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.

Click [HERE](#) for the Personal Fitness Class Schedule which outlines the Units, Lessons, and Assessments for this course.

Click [HERE](#) for the Personal Fitness State standards.

## Class Outline

**Unit 1: Walking the Talk** focuses on safety, fitness assessments, personal wellness planning, and principles of fitness.

**Unit 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.

## CVA Work Policy

- All classwork must be completed and submitted using the links in CTLS by the DUE DATE listed on the Class Schedule.
- Work should be completed in the order it is assigned on the Class Schedule.
- All work submitted on time will be graded within 48 hours.
- Assignments not submitted by the due date will be marked missing. Missing assignments are calculated as zeros in the coursework average. When students submit missing work, the assignment will be graded and calculated into the coursework average.

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) and the Class Schedule.

## Grading

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

Category	Weight
Quizzes and Assignments	10%
Portfolios and Tests	20%
Workout Completing and Submission	60%
Final Exam	10%

## CVA Exemption Incentive

To qualify for CVA's exemption incentive and exempt the Final Exam/lowest unit test or major assessment grade, CVA students must:

- Submit ALL assignments on OR before the due date
- Have an 85% coursework average or higher before the final exam
- Have no more than one academic integrity violation

## 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](#).

Consequence	Occurrence			
	1st	2nd	3rd	4th
Parent contact by teacher	✓	✓	✓	✓
Resubmit work for full credit	✓			
Resubmit work for half credit		✓		
Automatic Zero			✓	✓
Parent contact by CVA Administration			✓	✓
Mandated proctored exam or course work				✓
Local school is notified of Academic Integrity violation		✓	✓	✓
Other as designated by CVA or local school administration	✓	✓	✓	✓



## General Information

- The Cobb Teaching and Learning System (CTLS) is the platform used to deliver Cobb Virtual Academy classes.
- Students must earn 100% on the Student Orientation Quiz located inside each CVA Digital Classroom before they begin their Student Coursework.
- All coursework must be submitted through CTLS.
- All CCSD students have access to Microsoft 365 applications and must submit assignments in the requested format.
- Students in all sections of this course will take an online final exam during the window of time published on the CVA website and the Class Schedule.

## Course Specific Information

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 Health are eligible to take the Online ADAP (eADAP) program offered for free by the State of Georgia. Click the following links for more information: [eADAP FAQ](#) and [eADAP Registration](#)

## Technology Requirements

CTLS is geo-restricted to the United States.

- A modern PC or Mac Computer
  - Lightweight or mobile devices such as Chromebooks, iPads, Android tablets, or smartphones **may not** be compatible with many of our courses.
  - Windows or Mac based computer
- Access to Microsoft 365
- Internet access

## CVA Expectations

### Student

- Maintain consistent access to a computer and internet
- Login to the course daily and review the announcements
- Adhere to the deadlines listed on the Class Schedule
- Read and promptly respond to teacher communication
- Contact the teacher with questions
- Manage your time wisely

### Teacher

- Welcome Phone Call in the first two weeks
- 24 – 48-hour turnaround on all communication
  - 24 – 48-hour turnaround on grading for items submitted by the due date



- Provide relevant feedback on assignments
- Be accessible via email and phone or text during published hours
- Provide two or more live sessions per term

## Remind

CVA students and parents are automatically enrolled in their CVA teacher's Remind class based on the phone numbers provided during registration. If a parent and student provide the same cell phone number, they will not sync to Remind and will have to join the class manually using the join code posted on the Teacher Information page of their course.

## Student Support

A student's first source for support is their CVA teacher. However, additional support is available. The **CVA Learning Center** is staffed with facilitators and is available both **in person** and **virtually**.

Facilitators can assist students with getting started, class navigation, assignment instructions, submitting work, technical issues, and strategies for online success.

The in-person Learning Center is on the Cobb Horizon High School campus at 1765 The Exchange Atlanta, GA.

All CVA students are enrolled in the Student Support digital classroom which provides access to the Virtual Learning Center (VLC). Students use the CTLS chat feature to send a message to the Student Support Team during the hours it is open.

## Live Sessions

Your teacher will post live session information to the Class Board.

