

This course is designed to meet the criteria to earn .5 credits of Life Fitness.



EXPECTATIONS

This independent course has been developed to promote a healthier and more active lifestyle. Students will document aerobic, muscle strengthening and endurance, flexibility and cardiovascular endurance through a variety of activities. Exercises will vary according to each student. Students will also work through modules to learn about the positive impact of exercise.

You will be responsible for logging your Physical Activities on the provided worksheet. These activities must strengthen or tone muscles, increase the cardiovascular system, or build flexibility or stamina. Some examples are: going to the gym, jogging, doing yoga, playing sports. **IF THE ACTIVITY IS NOT LISTED YOU MUST GET PERMISSION OR THE HOURS WILL NOT BE COUNTED.**

If at any time you have questions or concerns about this course please don't hesitate to contact us. This course is designed for you to succeed.

You are responsible for knowing when your work is due. When you signed up for this course you agreed to the "Course Completion Agreement." This stated that you would finish this course by your Completion date. Please look on your Welcome Letter to find out what the final due date is for your course.

If this course is not completed by your completion date, you will need to either file for an extension or re-enroll, and can resume the course where you left off. Please note that full tuition is required for re-enrollment.

Please note: Do your best on your assignments as we do not allow students to resubmit their work for a better grade.

MODULE LEARNING

You have enrolled in an exciting new course at Market Square Education. You get to pick where your course takes you -think "choose your own adventure!" There will be some mandatory modules every student is responsible for completing - this includes the

40 hours of activity that will be documented on your activity log. Now the exciting part - you choose two additional modules to complete your course. Here are the details:

Every student will complete the following:

- **Activity Log**
- **Unit 1: What is Fitness?**
- **Unit 6: Nutrition and Energy**
- **Unit 8: Training for Life**

Now you get to choose 2 of the following units:

- **Unit 2: The Body is a Machine**
- **Unit 3: The Science of Exercise**
- **Unit 4: Mind your Own Fitness**
- **Unit 5: Motivation and Challenges**
- **Unit 7: Body Image & Weight Management**

You MUST us to let us know which optional modules you are doing.

Email awallace@marketsquare.education to let her know.

GRADING

This course allows you to either choose to take a grade on the full-scale systems (A-F) or accept a PASS/FAIL grade, which **MUST** be declared within ten business days of enrollment. You are **REQUIRED** to complete 40 activity hours to pass the course. **YOU WILL NOT PASS WITHOUT ALL 40 HOURS.**

Please note your teacher grades submitted homework and responds to emails twice weekly. If you have an immediate concern/question send it to awallace@marketsquare.education