
In addition to completing written assignments, discussions, and quizzes, you are required to complete six weeks of physical fitness activities for this course. You are required to complete a minimum of four hours per week of physical fitness activities over at least three different days of the week. Each week's workouts must include elements of cardio, strength training, and flexibility. You will be recording your activities and heart rate on a weekly log that you will submit to your instructor.

This course is provided by Carone Learning, through partnership with Edmentum.

Unit 1: Getting Started

Unit 2: Goal Setting

Unit 3: Holistic Health

Unit 4: Cardio Training

Unit 5: Strength & Flexibility Training

Unit 6: Diet & Exercise