

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.

Unit 1: Getting Started

- Getting Started

Unit 2: What Is Fitness?

- What Is Fitness?

Unit 3: Safety & Technique

- Safety & Technique

Unit 4: Components Of Fitness

- Components Of Fitness

Unit 5: Fitness Principles

- Fitness Principles

Unit 6: Diet & Substances

- Diet & Substances