

SYLLABUS

READ THESE INSTRUCTIONS NOW!

- a.) Download & Save it
- b.) Read it
- c.) Add responses directly to it
- d.) When you are complete, submit from your account page.

Plagiarism Statement

I understand that I must use research conventions to cite and clearly mark other people's ideas and words within my paper. I understand that plagiarism is an act of intellectual dishonesty. I understand it is academically unethical and unacceptable to do any of the following acts of which **I will be immediately expelled without refund:**

- To submit an essay written in whole or in part by another student as if it were my own.
- To download an essay from the internet, then quote or paraphrase from it, in whole or in part, without acknowledging the original source.
- To restate a clever phrase *verbatim* from another writer without acknowledging the source.
- To paraphrase part of another writer's work without acknowledging the source.
- To reproduce the substance of another writer's argument without acknowledging the source.
- To take work originally done for one instructor's assignment and re-submit it to another teacher.
- To cheat on tests or quizzes through the use of crib sheets, hidden notes, viewing another student's paper, revealing the answers on my own paper to another student through verbal or textual communication, sign language, or other means of storing and communicating information--including electronic devices, recording devices, cellular telephones, headsets, and portable computers.
- To copy another student's work and submit the work as if it were the product of my own labor.

USE THE DOWNLOAD TEXTBOOK

"Fitness for Life"

For all assignments: Do NOT do exercises that require you to lift weights

For your class, use your textbook located with your downloads. Carefully read, practice, and keep record of your work. You are given clear "assignments" which must be TYPED and placed on this syllabus. If asked for a photograph or image, keep them small. Let's get started

READ: Unit I – Building a Foundation

ASSIGNMENTS: Submit the following

- a.) Student Activity: Pages 9, 31, 56
- b.) Self-Assessments: Complete in full and keep a journal of how you did and your results. This must be typed and shared on your syllabus. Have someone photograph you completing your self-assessment. Include 3 photographs total for

this unit. Pages 11; 36; 57

c.) Taking Charge “For Discussion”: Pages 48, 67

d.) Using Technology: Page 55

ADD RESPONSE/S/ HERE

USE THE DOWNLOAD TEXTBOOK

“Fitness for Life”

For all assignments: Do NOT do exercises that require you to lift weights

For your class, use your textbook located with your downloads. Carefully read, practice, and keep record of your work. You are given clear “assignments” which must be TYPED and placed on this syllabus. If asked for a photograph or image, keep them small. Let’s get started

READ: Unit II – Becoming and Staying Physically Active

ASSIGNMENTS: Submit the following

a.) Student Activity: 74; 116

b.) Self-Assessments: Complete in full and keep a journal of how you did and your results. This must be typed and shared on your syllabus. Have someone photograph you completing your self-assessment. Include 3 photographs total for this unit. Pages 80; 100; 119

c.) Taking Charge “For Discussion”: Pages 87; 106; 131

d.) Using Technology: Page 78

ADD RESPONSE/S/ HERE

USE THE DOWNLOAD TEXTBOOK

“Fitness for Life”

For all assignments: Do NOT do exercises that require you to lift weights

For your class, use your textbook located with your downloads. Carefully read, practice, and keep record of your work. You are given clear “assignments” which must be TYPED and placed on this syllabus. If asked for a photograph or image, keep them small. Let’s get started

READ: Unit III – Building a Foundation

ASSIGNMENTS: Submit the following

- a.) Student Activity: 139; 181
- b.) Self-Assessments: Complete in full and keep a journal of how you did and your results. This must be typed and shared on your syllabus. Have someone photograph you completing your self-assessment. Include 3 photographs total for this unit. Pages 143; 161; 184
- c.) Taking Charge “For Discussion”: Pages 147; 170
- d.) Using Technology: Page 141; 177

ADD RESPONSE/S/ HERE

USE THE DOWNLOAD TEXTBOOK

“Fitness for Life”

For all assignments: Do NOT do exercises that require you to lift weights

For your class, use your textbook located with your downloads. Carefully read, practice, and keep record of your work. You are given clear “assignments” which must be TYPED and placed on this syllabus. If asked for a photograph or image, keep them small. Let’s get started

READ: Unit IV – Muscle Fitness & Flexibility

ASSIGNMENTS: Submit the following

- a.) Student Activity: 249
- b.) Self-Assessments: Complete in full and keep a journal of how you did and your results. This must be typed and shared on your syllabus. Have someone photograph you completing your self-assessment. Include 3 photographs total for this unit. Pages 213 Part 2 only and page 215; 251 do “Curl Up, Arm and Leg Lift, Bridging, Side Plank, Reverse Curl and Front Plank” and all of 256.
- c.) Taking Charge “For Discussion”: Pages 241; 268; 298
- d.) Using Technology: Page 246

ADD RESPONSE/S/ HERE

USE THE DOWNLOAD TEXTBOOK

“Fitness for Life”

For all assignments: Do NOT do exercises that require you to lift weights

For your class, use your textbook located with your downloads. Carefully read, practice, and keep record of your work. You are given clear “assignments” which

must be TYPED and placed on this syllabus. If asked for a photograph or image, keep them small. Let's get started

READ: Unit V – Healthy Choices

ASSIGNMENTS: Submit the following

- a.) Student Activity: Pages 348
- b.) No Self Assessments
- c.) Taking Charge “For Discussion”: Pages 322; 339; 358
- d.) Using Technology: Page n/a

ADD RESPONSE/S/ HERE

USE THE DOWNLOAD TEXTBOOK

“Fitness for Life”

For all assignments: Do NOT do exercises that require you to lift weights

For your class, use your textbook located with your downloads. Carefully read, practice, and keep record of your work. You are given clear “assignments” which must be TYPED and placed on this syllabus. If asked for a photograph or image, keep them small. Let's get started

READ: Unit VI - Wellness Perspective

ASSIGNMENTS: Submit the following

- a.) Student Activity: 396
- b.) Self-Assessments: Complete in full and keep a journal of how you did and your results. This must be typed and shared on your syllabus. Have someone photograph you completing your self-assessment. Include 2 photographs total for this unit. Pages 373, 398 - 401 (Relaxation), 413
- c.) Taking Charge “For Discussion”: Pages 384; 402; 417
- d.) Using Technology: Page n/a

ADD RESPONSE/S/ HERE

READ: Unit VII – Moving Through Life

ASSIGNMENTS: Submit the following

a.) Student Activity: Pages 457

b.) Self-Assessments: Complete in full and keep a journal of how you did and your results. The must be typed and shared on your syllabus. Have someone photograph you completing your self-assessment. Include 1 photograph total for this unit. Pages 428 (You will NOT pass your class if you skip this)

c.) Taking Charge "For Discussion": Pages 433; 450; 468

d.) Using Technology: Page 432