



K-12
TEXAS TECH

Lifetime Fitness and Wellness Pursuits 1A v8.0 – Syllabus

Course Name

LIFEFIT-A

Lifetime Fitness and Wellness Pursuits 1A v8.0 – Semester A

Course Information

LIFEFIT-A is the first semester of this two-semester course.

Pssst...are you ready to unlock the secret to becoming a better version of yourself?
Your health is the key!

In this course, you will learn how to make smart choices that influence your health, lifestyle, and physical fitness. Find out why and how we move with the components of fitness, as well as how to fuel your body the right way with nutrition to support that movement. You'll cover different ways to stay safe, from injury and disease prevention to keeping your body free of harmful substances. Don't forget about your emotional health, too—you'll learn skills like building resiliency, managing stress, and maintaining healthy relationships. Get ready to take charge of your health and be a better you!

Course Delivery Method

Online

Contacting Your Instructor

You may contact your instructor using your Canvas Inbox. Technical support is available 24/7 at [TTU K-12](#).

Course Topics

After completing this course, the students should have increased knowledge of

Module 01: Foundations of Health

- Dimensions of Health
- Cultural and Community Influence on Health/Wellness
- Aerobic and Anaerobic Activity
- Exercise Intensity
- Common Injuries and Safety Equipment
- Sportsmanship v. Gamesmanship (sports etiquette)
- Healthy Eating
- Reading Nutrition Labels/Logging Consumption
- Reliable Sources for Health Information

Module 02: Fitness

- FITT Training Principles
- Skill-Related Components of Fitness
- Form and Technique
- Health-Related Components of Fitness
- Biomechanics
- Importance of Warming Up and Cooling Down
- Cardiorespiratory Endurance
- Muscular Strength and Endurance
- Flexibility
- Effective Fitness Plans

Module 03: Personal Care and Disease

- Viral and Bacterial Infections
- Fungal and Parasitic Infections
- Immunity and Hygiene
- Importance of Sleep
- Breast and Testicular Self-Checks
- Family Planning and Abstinence
- Preventing STIs and HIV
- Chronic Disease (diabetes, cancer, heart disease, COPD)
- Common Injuries/First Aid
- CPR and the Heimlich Maneuver

Textbook and Materials

No textbooks required. All content is within Canvas.

Materials

- Printer (optional)

Technical Requirements

- Internet access – preferably high speed (for accessing Canvas)
- browser (we recommend Chrome)
- supported browser plugins and settings
The following plugins and settings may be required to use our courses.
 - JavaScript enabled
 - Cookies enabled
 - Java installed
- Email
- Printing capabilities
- Adobe Reader (download from [Adobe](#))
- Audio and video capabilities (for watching/listening to course content)
- PDF app (free options available)

Technical Skill Requirements

Be comfortable with the following:

- accessing online learning materials via Canvas
- Internet search engines and browsers (we recommend Chrome)
- uploading assignments into Canvas (there will be instructions for uploading assignments)

Course Pacing

This course is designed to be completed in 18 weeks.

- Print this guide and use a calendar to fill in your goal dates for completing each Module.
- Note that you must have a grade of 70 or above on a Discussion-Based Assessment (DBA) in order to continue moving forward in the course. DBAs occur every other lesson.
- To achieve success, students are expected to submit work in each course weekly.
- Students can learn at their own pace; however, "any pace" still means that students must make progress in the course every week.
- Post the pace guide in a place where you and your Parent or Guardian will see it every day (on the refrigerator or next to the computer). Give yourself a check every time you complete a task, and celebrate your efforts!

Weeks	Lessons	Due Date (you write this in)
1	01.00 Welcome to Foundations of Health 01.01 Health Influences	
2	01.02 Benefits of Exercise 01.03 Play Nice	
3	01.04 Food Is Fuel 01.05 Check Your Sources	
4	01.06 Foundations of Health Activity Log	
5	01.07 Foundations of Health Exam	
6	02.00 Welcome to Fitness 02.01 Principles of Fitness	
7	02.02 Your Body's Cogs and Wheels 02.03 Follow Your Heart	
8	02.04 Put Some Muscle Into It 02.05 Meet Yourself Where You Are	
9	02.06 Fitness Plan 02.07 Fitness Activity Log	
10	02.09 Fitness Exam	
11	03.00 Welcome to Personal Care and Disease 03.01 Communicable Disease	
12	03.02 Care For Your Body 03.03 Reproductive Health	
13	03.04 Chronic Disease	
14	03.05 First Aid	
15	03.06 Personal Care and Disease Activity Log	
16	Final Exam	

Weeks	Lessons	Due Date (you write this in)
17	Floating Vacation Week	
18	Floating Vacation Week	

Course Credit

Your grade will be calculated as follows:

- formative assessments (50%)
- summative assessments (20%)
- summative final exam (30%)

Assignments are labeled as “summative” or “formative” under Grades in Canvas.

Course Completion and Extensions

- Students may not complete the course in less than 30 days.
- All courses expire 180 days after the enrollment date.

Academic Integrity

It is the aim of the faculty of Texas Tech University to foster a spirit of complete honesty and high standard of integrity. The attempt of students to present as their own any work not honestly performed is regarded by the faculty and administration as a most serious offense and renders the offenders liable to serious consequences, possibly suspension.

“Scholastic dishonesty” includes, but is not limited to, cheating, plagiarism, collusion, falsifying academic records, misrepresenting facts, and any act designed to give unfair academic advantage to the student (such as, but not limited to, submission of essentially the same written assignment for two courses without the prior permission of the instructor) or the attempt to commit such an act.

Artificial Intelligence (AI) Use Policy

This policy covers any generative AI tool, such as ChatGTP, Elicit, Photo Math, etc. This includes text and artwork/graphics/video/audio, etc.

All work submitted in this course must be your own. You may not use artificial intelligence tools to complete your assignments in this course.

If an instructor suspects that an assignment is not the work of the student, it will receive a score of zero. The instructor will message the student or provide feedback on the assignment indicating the need to schedule a one-on-one video conference, during which the student will be required to demonstrate their skills or knowledge through an

alternative or mutually agreed-upon assignment. The grade of the alternate or agreed upon assignment will be determined at the instructor's discretion with the highest possible score being 70%.

If it is determined that a student has violated final exam directions on Final Exam A or CBE Set 1, the exam will be scored as zero. The student may take Final Exam B or CBE Set 2 with the highest possible score being 70%.

The incident will be reported to Texas Tech K-12 Administration and documented in the student's file. Continued violations of Texas Tech University's Academic Integrity Policy will result in the removal of the student from the program.

Student/Parent Expectations

You will be expected to log into the Canvas course regularly to be aware of possible announcements/reminders and to pace your student's progress in the course.

The following are prohibited while using the Canvas interface:

- spamming;
- hacking; and
- using TTU or Canvas email for commercial purposes;

Inappropriate behavior shall result in consequences ranging from a request to correct the problem, to removal from the course or even the university, depending on the severity of the behavior. Disciplinary actions will be taken according to the TTU K-12 Student Handbook.

Communication

- You can expect a reply from your instructor within 2 business days.
- Use the Canvas Inbox for sending messages to your instructor.

Submitting Assignments

You will submit all assignments through Canvas, rather than by mail or email.

Technical Difficulties

Getting Help

For student assistance with Canvas, visit [TTU K-12 Support](#).

Computer Problems

A working computer is necessary for online coursework. Computer problems will not be accepted as a valid reason for failure to complete course activities within the allotted

time frame. Identify a second computer, before the course begins, that you can use if you experience computer problems.

Server Problems

When the Canvas server needs to be taken down for maintenance, the Canvas administrator will post an announcement in your course informing you of the time and date. If the server experiences unforeseen problems, your course instructor will notify you.

Lost or Corrupted Files

You must keep/save a copy of every project/assignment on an external disk or personal computer. In the event of any kind of technology failure (e.g., Canvas server crash or virus infection, students' own computer problems, loss of files in cyberspace, etc.) or any disputes, the instructor may request or require you to resubmit the files. In some instances, the instructor may need to open another attempt within Canvas, so communication with your instructor is critical in these circumstances.