



DB Excel  
Wellness 1 and 2

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# Getting to the class



On your browser visit  
[www.k12k.com](http://www.k12k.com)

Click on eLearning

# Getting to the class continued



Click the Edvance 360 link

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Username

Password

Type in your user and password

# You made it!

Kingsport City Schools  
Kingsport, Tennessee

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Home

My Home Personal Alerts Unread Posts & Comments

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## My Classes

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2014-2015

[KCS Wellness I](#)

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# Syllabus

KCS Wellness I

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Learning Units

Resources

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Tests

KCS Wellness I

Teacher

Rodney Burton

Profile


Contact

Class Roster

Description

Syllabus/Useful Files [Manage](#)

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# Learning Units

<input type="checkbox"/>	Learning Unit	Status	Order	Settings	Content	Delete
<input type="checkbox"/>	<a href="#">Practicing Fitness</a>	Publish	<input type="text" value="1"/>	<a href="#">Settings</a>	<a href="#">Content</a>	<a href="#">Delete</a>
<input type="checkbox"/>	<a href="#">CPR and First Aid</a>	Publish	<input type="text" value="2"/>	<a href="#">Settings</a>	<a href="#">Content</a>	<a href="#">Delete</a>
<input type="checkbox"/>	<a href="#">Major Muscle Groups</a>	Publish	<input type="text" value="3"/>	<a href="#">Settings</a>	<a href="#">Content</a>	<a href="#">Delete</a>
<input type="checkbox"/>	<a href="#">Mental Health</a>	Publish	<input type="text" value="4"/>	<a href="#">Settings</a>	<a href="#">Content</a>	<a href="#">Delete</a>
<input type="checkbox"/>	<a href="#">Nutrition</a>	Publish	<input type="text" value="5"/>	<a href="#">Settings</a>	<a href="#">Content</a>	<a href="#">Delete</a>

# Breaking down the learning units

- Each learning unit has ...
  1. Introduction to the lesson
  2. Research and Readings
  3. Discussion
  4. Quiz
  5. Thought from your teacher
  6. Video
  7. Interactive Discussion
  8. Assignment
  9. Optional Cardiovascular Exercise

# Introduction

## Introduction



### **Instructions:**

While completing this unit you will develop and demonstrate an understanding of the importance of practicing fitness by:

completing an online quiz

discussing different life long physical activities

writing an essay on aerobic and anaerobic exercises



# Research and Readings

## Research and Readings



### Instructions:

Read the article below. Use the pen and paper icon (above right) to record and save notes. You will have a quiz.

### 1. Cardio respiratory endurance

Also known as aerobic fitness, cardio respiratory endurance has to do with how long you are able to carry out cardio exercises without being fatigued. For example, you might be able to run 10 minutes without breaking a sweat when you have improved your respiratory endurance, whereas when you were new to exercise you may not have been able to get through 5 minutes without difficulty breathing.

Cardio respiratory endurance makes cardio exercise easier and is "THE KEY" component of health related training.

### 2. Muscular strength

Muscular strength is about how much weight you are able to lift with your muscles at one time. This

# Taking Notes



KCS Wellness I

Home

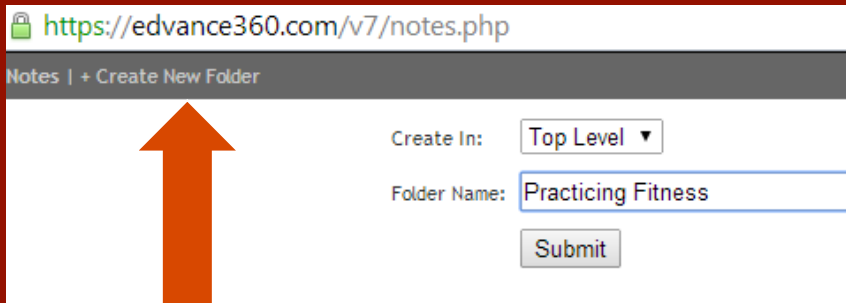
Discussion

KCS Wellness I

Teacher

Description

This screenshot shows the top navigation area of a course page. On the left, there are buttons for 'Home' and 'Discussion'. The main header area contains the course title 'KCS Wellness I' and a small icon of a camera and document. Below this, there are sections for 'Teacher' and 'Description'. An orange arrow points to the 'Description' section.



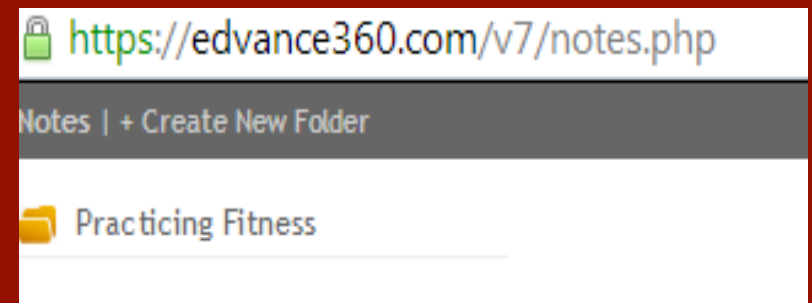
<https://edvance360.com/v7/notes.php>

Notes | + Create New Folder

Create In:


Folder Name:

This screenshot shows a form for creating a new folder. The URL is <https://edvance360.com/v7/notes.php>. The page title is 'Notes | + Create New Folder'. There are two input fields: 'Create In' with a dropdown menu set to 'Top Level', and 'Folder Name' with the text 'Practicing Fitness'. A 'Submit' button is located below the 'Folder Name' field. An orange arrow points to the 'Folder Name' input field.



<https://edvance360.com/v7/notes.php>

Notes | + Create New Folder

 Practicing Fitness

This screenshot shows the result of the folder creation. The URL is <https://edvance360.com/v7/notes.php>. The page title is 'Notes | + Create New Folder'. A folder icon is shown next to the text 'Practicing Fitness'.

# Discussion



[Edit](#) | [Delete](#) | [Active \[Deactivate\]](#) |

## Discussion



### Instructions:

Walking and running, swimming, lifting weights, tennis, and golf are just a few life long physical activities that can benefit our health for a lifetime. Which of these physical activities do you enjoy doing? Discuss with your classmates any other activities that are fun and can benefit your health for a lifetime.

Open Discussion: Physical Activities



# Quiz

## Quiz



### Instructions:

1. What are the 5 components of health related fitness?
2. What is the "THE KEY" component of health related training.
3. What is the difference between muscular strength and muscular endurance?
4. True or False. Flexibility allows you to move faster, be more mobile, and avoid pain in your joints.
5. True or False. Body composition has to do with the body being lean and muscular vs. fat.

**Test:** Practicing Fitness Quiz

Go to test center



## Practicing Fitness Quiz

Start Test



# Thoughts from your teacher

## Thoughts from your teacher



### Instructions:

If you have ever been in the Kingsport YMCA or a local fitness center you may notice there are many different machines that work the body in different ways. There are three different types of exercises that can benefit your muscles if used with the proper equipment in the proper way.

isometric- exercises in which a muscle is tightened for 5-8 seconds and there is no body movement

isotonic- exercise in which a muscle or muscles moves against a resistance weight and/or gravity for 8-15 times.

isokinetic- exercise that uses special machines to provide weight resistance through the full range of motion.

Use the web to help you research these three different types of movements. Give examples of these 3 different movements.

Open Dropbox: Different Types of Movements



# Your word document



Open your word document to record your information from the web.

After completing your assignment save the file to your computer and name the file according to the learning unit.

# Thoughts from your teacher continued

## Assignment Dropbox

[Return to Learning Unit](#)

Aerobic and Anaerobic  
Essay Dropbox

Alcohol Essay Dropbox

Binge Drinking Dropbox

Bullied Assignment Dropbox

CPR and First Aid Assignment

Different Types of

Upload a submission for: Different Types of Movements

[Upload Multiple Files](#)

Upload File  No file chosen

Notes:



# Video

## Video



### Instructions:

Watch the video below


Muscle Contraction Types

**Tension  
fluctuating**

**Length  
staying  
the same**

**Energy  
fluctuating**

**ISOMETRIC  
CONTRACTION**





# Interactive Discussion

## Interactive Discussion



### Instructions:

Every time I think back on my P.E. experience in elementary school I can't help but think of the day we got to play with the giant parachute. Use this part of the unit to discuss with your classmates your favorite P.E. activities in elementary, middle, and high school. Are any of these activities life-long activities?

Open Discussion: All time favorite PE activities



# Assignment

↕ [Edit](#) | [Delete](#) | [Active](#) [[Deactivate](#)] |

## Assignment



### Instructions:

Use the web and research the difference between aerobic and anaerobic exercises. Write an essay on the difference between the two and include how you can use these different exercises to improve your overall fitness.

Open Dropbox: Aerobic and Anaerobic Essay  
Dropbox



# Assignment Continued

**Assignment Dropbox**

[Return to Learning Unit](#)

Aerobic and Anaerobic Essay Dropbox	<p>Upload a submission for: Aerobic and Anaerobic</p> <p><a href="#">Upload Multiple Files</a></p> <p><b>Upload File</b> <input type="button" value="Choose File"/> No file chosen</p> <p><b>Notes:</b> <input type="text"/></p> <p><input type="button" value="Submit"/></p>
Alcohol Essay Dropbox	
Binge Drinking Dropbox	
Bullied Assignment Dropbox	
CPR and First Aid Assignment	
Different Types of	



# Optional Cardio Exercise

## Couch 2 5K (First 2 Weeks Running)



### Instructions:

Use a word document or the Nike Running app found on Android or Iphone (Free) to track your runs! After your run, type in on your word document or use the smiley/frown faces on your Nike App to track how your body feels.

### Week 1

Monday-Brisk 5 minute warm-up walk. Then alternate 60 seconds of jogging then 90 seconds of walking for a total of 20 minutes.

Wednesday- Brisk 5 minute warm-up walk. Then alternate 60 seconds of jogging and 90 seconds of walking for 20 minutes.

Friday- Brisk 5 minute warm-up walk. Then alternate 60 seconds of jogging and 90 seconds of walking for 20 minutes.