



Course Layout: *The course is broken down into units and organized as follows:*

Unit 1: Introduction (1 week)
Unit 2: Resistance Training (1-3 weeks)
Unit 3: Cardio Training (1-3 weeks)
Unit 4: Flexibility Training (1-3 weeks)
Unit 5: Quality Fuel (1-3 weeks)
Unit 6: Smart Training (1-3 weeks)
Unit 7: Best Life (1-3 weeks)

Grading: Your grade for this course will be calculated as follows:

Item	Weight
Unit Activity Plans	20%
Unit Quizzes	20%
Unit Assignments	20%
Unit Activity Logs	40%

Completion Requirements:

Aim to complete all aspects of the course. All Activity Hours are required for course completion.

All activity must be logged regularly while being enrolled in this course – ie. previous activity (prior to enrolling in this course) is NOT acceptable for your activity logging.

You should be logging activity every week. Large gaps can result in being removed from the course.

How To Submit Logs and Assignments:

You'll find submission areas at the end of each unit. Instructions are included.