

Online Personal Fitness

Introduction to Lifetime Fitness is a fitness course in which students learn the skills needed to assess and plan a personal wellness program. Successful completion of this course is a **graduation requirement**. During this course, students learn a lot about themselves and develop a plan to be "Fit For Life." Students access their course content, their assignments, and their exams online. They communicate with their instructor and with other classmates through chats and threaded discussions. All of this activity takes place in a secure online environment.

Virtual Campus Trivia

The majority of Virtual Campus students take Personal Fitness to "get ahead" or "free up" space on their schedules for AP, IB, or other year long courses.



Exercise by yourself or with friends!

Daily Workouts comprise the physical fitness aspect of the course. Workouts are required **5 days a week**. Students record their workouts and upload these results to a personal folder on the **Healthy Schools Web site**.

Heart Rate Monitors:

Students are issued a state-of-the-art **E600 Heart Rate Monitor** and **Razor Interface**.

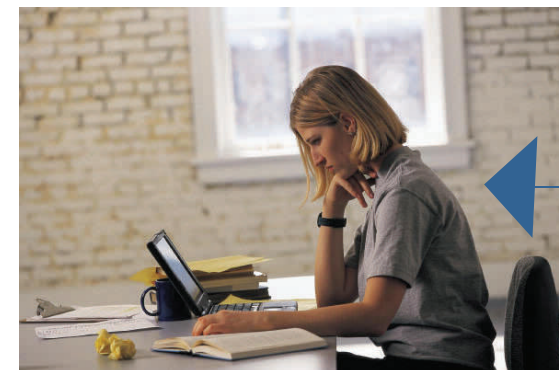
This equipment is used to monitor the student's heart rate during daily exercise workouts.



NOTICE: The Virtual Campus meets twice each semester in face-to-face sessions. The first day of class is an orientation at which students will receive their equipment and will participate in an initial workout. The last day of class is the final exam.

These meetings are **mandatory** for all students. There are **NO EXCEPTIONS!**

Online Personal Fitness was a great choice for me. I was able to workout on my schedule. Once I got used to the course Web site, it enabled me to work ahead and plan my assignments at my own pace. I learned to be responsible for my class work and my instructor was only an email away. If you are good on the computer, I would highly recommend it.
- former student



Online Personal Fitness

Taking an online course is a great way to fulfill your Personal Fitness requirement. To be successful, you must be able to handle your normal course load and complete your daily online assignments and complete your daily workouts. The workload is very challenging and demands a serious effort, many times requiring you to spend **7-10 hours per week** in the course. The summer session is accelerated and requires an even greater commitment to be successful. Students should be highly organized, able to meet deadlines, and have an above average computer literacy level with experience using various types of electronic equipment.



Self-motivated students excel.

This Virtual Campus online course is offered in three sessions, fall, spring, and summer. Go online to the Virtual Campus to learn more about online learning and to see when the next session begins.

Prospective Students: Please go to the Virtual Campus Web site and do the following PRIOR to speaking with your school counselor:

1. Check the computer you plan to use by clicking on Technical Requirements.
2. Check your own aptitude for online learning by clicking on Is Online Learning For Me?
3. Carefully read all of the information in each of the boxes.

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Online Personal Fitness

Is it right for you?

