

Pace Guide for Course - Segment

Start date ---> Monday, January 06, 2020

Target Finish Date--> Friday, May 15, 2020

| Number of Assignments--> | 38 | | |
|--------------------------|------------------------------|--|------------------|
| Assignment # | Assignment Due By | Assignment | Percent Complete |
| 1 | Thursday, January 09, 2020 | 01.01 Getting Started | 2.78% |
| 2 | Monday, January 13, 2020 | 01.02 Introduction to Physical Fitness | 5.56% |
| 3 | Thursday, January 16, 2020 | 01.03 Safety First | 8.33% |
| 4 | Monday, January 20, 2020 | 01.04 Warming Up and Cooling Down | 11.11% |
| 5 | Thursday, January 23, 2020 | 01.05 Health-Related Components of Fitness | 13.89% |
| 6 | Monday, January 27, 2020 | 01.06 Cardiovascular Activity | 16.67% |
| 7 | Wednesday, January 29, 2020 | 01.07 Heart Rate and Exercise | 19.44% |
| 8 | Monday, February 03, 2020 | 01.08 FITT Training Principles | 22.22% |
| 9 | Wednesday, February 05, 2020 | 02.01 Do You Have Skills? | 25.00% |
| 10 | Monday, February 10, 2020 | 02.02 Speed, Agility, and Reaction Time | 27.78% |
| 11 | Wednesday, February 12, 2020 | 02.03 Balance and Coordination | 30.56% |
| 12 | Monday, February 17, 2020 | 02.04 Power | 33.33% |
| 13 | Wednesday, February 19, 2020 | 02.05 Body Mechanics | 36.11% |
| 14 | Monday, February 24, 2020 | 02.06 Play by the Rules | 38.89% |
| 15 | Wednesday, February 26, 2020 | 02.07 Aquatics | 41.67% |
| 16 | Monday, March 02, 2020 | 02.08 Outdoor Pursuits | 44.44% |
| 17 | Wednesday, March 04, 2020 | 03.01 Playing With Others | 47.22% |

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| 18 | Monday, March 09, 2020 | 03.02 Be a Good Sport | 50.00% |
| 19 | Wednesday, March 11, 2020 | 03.03 Dual Activities | 52.78% |
| 20 | Monday, March 16, 2020 | 03.04 Alternative and Extreme Activities | 55.56% |
| 21 | Tuesday, March 17, 2020 | | |
| 22 | Monday, March 23, 2020 | | |
| 23 | Tuesday, March 24, 2020 | 03.05 Team Sports | 58.33% |
| 24 | Monday, March 30, 2020 | 03.06 Winning Strategies | 61.11% |
| 25 | Tuesday, March 31, 2020 | 04.01 Fitness Opportunities | 63.89% |
| 26 | Friday, April 03, 2020 | 04.02 Getting to Your Goals | 66.67% |
| 27 | Tuesday, April 07, 2020 | 04.03 Peer Pressure | 69.44% |
| 28 | Friday, April 10, 2020 | 04.04 Sportsmanship | 72.22% |
| 29 | Tuesday, April 14, 2020 | 04.05 Diversity Through Sports | 75.00% |
| 30 | Friday, April 17, 2020 | 04.06 Nutrition | 77.78% |
| 31 | Tuesday, April 21, 2020 | 05.01 Health Risks | 80.56% |
| 32 | Friday, April 24, 2020 | 05.02 Health Information, Products, and Services | 83.33% |
| 33 | Monday, April 27, 2020 | 05.03 Making Healthy Decisions | 86.11% |
| 34 | Friday, May 01, 2020 | 05.04 Enhancing One's Health | 88.89% |
| 35 | Monday, May 04, 2020 | 05.05 Positive and Negative Health Influences from Family, Peers, and Culture | 91.67% |
| 36 | Friday, May 08, 2020 | 05.06 Positive Health Choices | 94.44% |

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| Assignment # | Assignment Due By | Assignment | Percent Complete |
| 37 | Monday, May 11, 2020 | Final Exam | 100.00% |