



Fitness and Conditioning 12

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There are no prerequisites, but this course is intended for those who are **serious about sports or fitness**. There are 6 units:

Unit 1 Test - Sport Science

Unit 2 Test - Safety and Injury Prevention

Unit 3 Test - Exercise Physiology and Anatomy

Unit 4 Project - Fitness and Conditioning Theory

Unit 5 Test - Leadership

Unit 6 Test - Sports and Recreation Management

Resources

Everything needed is online.

Fitness logs will be filled out for the activity component.

Assessment:

The final mark consists of:

3 Fitness/Activity Logs (10% each)	30%
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6 Unit Tests (9% each)	54%
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1 Project	10%
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2 Discussion Posts (3% each)	<u>6%</u>
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Total:	100%
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To Begin

Register, then log into your course from our [website](#) and follow the instructions on the Home Page. Contact the course instructor if you have any questions.

Note - students are expected to complete their online course within a 4-5 month period of time.