



Intro to Individual Sports (HPH3131B)

NDCDE Resources

Welcome: Start Here!

WELCOME TO INTRO TO INDIVIDUAL SPORTS

GETTING STARTED: COURSE RESOURCES

COURSE INTRODUCTION

COURSE INTRO CONTENT & INSTRUCTION

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Intro Assignment: Course Contract

Intro Quiz

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UNIT 1 INTRODUCTION

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1.1 Assignment: Fitness Assessment

1.1 Quiz

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SECTION 1.2: GETTING STARTED

1.2 Team Huddle: Exercise Pitfalls

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Weekly Fitness Log #1

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SECTION 1.3: SAFETY & INJURY PREVENTION

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Weekly Fitness Log #2

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SECTION 2.1: COMPONENTS OF FITNESS

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SECTION 2.2: PRINCIPLES OF FITNESS

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Weekly Fitness Log #4

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SECTION 2.3: PRINCIPLES OF MOVEMENT

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Fitness Checkpoint 1

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SECTION 3.1: INDIVIDUAL SPORTS

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SECTION 3.2: WALKING & RUNNING

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SECTION 3.3: STRENGTH TRAINING

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SECTION 4.1: YOGA

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SECTION 4.2: CYCLING

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SECTION 4.3: DANCE

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SECTION 5.1: CROSS-TRAINING

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SECTION 5.2: NUTRITION

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Weekly Fitness Log #13*

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SECTION 6.1: POST ASSESSMENT

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Weekly Fitness Log #14*

EXERCISE LIBRARY

Exercise Library

End of Course Survey

End of Course Survey