

## Journal Gym 101 Syllabus

- WEEK#1**            **DUE: 9/8/15**
- Activity Log (20 points)
  - Heart Rate Worksheet(25 points)
- WEEK#2**            **DUE: 9/14/15**
- Activity Log (20 points)
  - Steps to developing a fitness plan (50 points)
- WEEK#3**            **DUE: 9/21/15**
- Activity Log (20 Points)
  - Read Lesson1 Pages 357-361
  - Guided Practice Activity 12-1 (20 points)
  - Re-teaching Activity 12-1 (10 points)
- WEEK#4**            **DUE: 9/28/15**
- Activity Log (20 points)
  - Read Lesson2 Pages 362-369
  - Guided Practice Activity 12-2 (20 points)
  - Re-teaching Activity 12-2 (22 points)
- WEEK#5**            **DUE: 10/5/15**
- Activity Log (20 points)
  - Read Lesson3 Pages 370-374
  - Guided Practice Activity 12-3 (24 points)
  - Re-teaching Activity 12-3 (26 points)
- WEEK#6**            **DUE: 10/12/15**
- Activity Log (20 points)
  - Read Lesson#4 Pages 375-379
  - Guided Practice Activity 12-4 (28 points)
  - Re-teaching Activity 12-4 (46 points)
- WEEK#7**            **DUE: 10/19/15**
- Activity Log (20 points)
  - Chapter Study Guide/Lessons 1-4 (48 points)
  - Vocabulary Sheet Chapter 12 (24 points)
- WEEK#8**            **DUE: 10/26/15**
- Activity Log (20 points)
  - Mid-Term/Reflection Paper (50 points)

