

KNES 2423 Techniques & Strategies of Fitness & Conditioning  
Fall 2025  
Course Tentative Schedule

Course Schedule

Week	Date	Content	SHAPE/SBEC/TEA Standards	Activities/Assignment
Week 1	Aug 26 & 28	In Class: Orientation and Syllabus  Online: Ch. 1 & 2: Review of wellness, physical activity, and exercise; behavior change; and goal setting	SHAPE 1.a, 1.b, 1.c, 1.d, 1.e, 4.d; S I, II, III; C6, C7, C8, C9	Get Connect Text Online: Ch. 1 & 2  Syllabus Quiz  Pre-assessment
Week 2	Sept 2 & 4	In Class: Dimensions of Wellness, Behavior Change and Goal Setting  Online: Ch. 15 & 16	SHAPE 1.a, 1.b, 1.c, 1.d, 1.e, 4.d; S I, II, III; C6, C7, C8, C9  SHAPE 1.c, 1.d, 1.e, 2.a, 3.a, 3.b, 3.d, 4.e; S I, II, III, IV, V, VI, VII; C3, C6, C7, C8, C9, C10	Connect Ch. 15 & 16:  <ul style="list-style-type: none"> <li>15/16 Module</li> <li>Walking vs. Running Activity</li> <li>Jogging Safety</li> </ul> Quiz
Week 3	Sept 9 & 11	In Class: Warm-up and Cool Down Samples & Ch. 15/16  Online: Basics of a Workout	SHAPE 1.a, 1.b, 2.a, 3.b, 3.c, 3.d, 4.a, 4.b, 4.d: SBEC I, VI; C6, C7, C8, C9, C10  SHAPE 1.c, 1.d, 1.e, 2.a; S I, II; C6	Connect- Basics of Putting Together a Workout  Work with partner to prepare activity
Week 4	Sept 16 & 18	In Class: Student Led Warm-up and Cool Down  Online: Speed/Agility/Plyometric Module (Discussion)	SHAPE 1.a, 1.b, 2.a, 3.b, 3.c, 3.d, 4.a, 4.b, 4.d: SBEC I, VI; C6, C7, C8, C9, C10  SHAPE 1.c, 1.d, 1.e, 2.a, 3.a, 3.b, 3.d, 4.e; S I, II, III, IV, V, VI, VII; C3, C6, C7, C8, C9, C10	Assignment and Module Information on D2L  (Chu & Myer Excerpt; Faigenbaum & Chu Article)
Week 5	Sept 23 & 25	In Class: Speed/Agility Stations	SHAPE 2.a; S I, VI; C2	Connect Ch. 32
		Online: Ch. 32 Weight Training	SHAPE 1.c, 1.d, 1.e, 2.a, 3.a, 3.b, 3.d, 4.e; S I, II, III, IV, V, VI, VII; C3, C6, C7, C8, C9, C10	High Velocity Training Article on D2L
Week 6	Sept 30 & Oct 2	In Class: Weight Training Skills  Online: Attend Wellness Center Workout	SHAPE 2.a; S I, VI; C2, C8	Assignment Information on D2L Weight training skill sheet
Week 7	Oct 7 & 9	In Class: Boot Camp Workout Online: Exam #1 on D2L	SHAPE 2.a; S I, VI; C2, C8  SHAPE 1.a, 1.b, 1.c, 1.d, 1.e, 2.a, 3.a, 3.b, 3.c, 3.d, 4.a, 4.b, 4.c, 4.d, 4.e; S I, II, III, VI, V, VI; C 1, 2, 3, 5, 6, 7, 8, 9, 10	Exam under Assessments in D2L

Week 8	Oct 14 & 16	In Class: HIIT/TABATA Workout Online: Ch. 28 Cardio Dance & Kickboxing	SHAPE 2.a; S I, VI; C2, C8 SHAPE 1.c, 1.d, 1.e, 2.a, 3.a, 3.b, 3.d, 4.e; S I, II, III, IV, V, VI, VII; C3, C5, C6, C7, C8, C9, C10	Connect Ch. 28 & Ouergui Article on D2L in Discussion Board
Week 9	Oct 21 & 23	No Face-to-Face Meeting This Week Online: Begin Working on Lesson Plan	SHAPE 2.a; S I, VI; C2, C5, C7	Assignment Information on D2L
Week 10	Oct 28 & 30	In Class: Step & Kickboxing Workout Online: Attend Wellness Center Workout; Study for Bucket of Skills	SHAPE 2.a; S I, VI; C2, C5, C7 SHAPE 1.a, 1.b, 1.d, 1.e, 2.a, 3.a, 3.b, 3.c, 3.d, 4.a, 4.b, 4.c, 4.d, 4.e; S I, II, III, VI, V, VI; C 1, 2, 3, 5, 7, 8, 10	Assignment Information on D2L Kickboxing skill sheet
Week 11	Nov 4 & 6	In Class: Bucket of Skills Online: Ch. 29 Yoga	SHAPE 1.a, 1.b, 2.a, 3.c, 4.a, 4.b, 4.c, 4.e; S I, VI; C5, 7, 8, 10 SHAPE 1.c, 1.d, 1.e, 2.a, 3.a, 3.b, 3.d, 4.e; S I, II, III, IV, V, VI, VII; C3, C6, C7, C8, C9, C10	Connect Ch. 29 & Wei Article for Yoga Stance Paper
Week 12	Nov 11 & 13	In Class: Yoga Workout Online: Ch. 24 Indoor Cycling	SHAPE 2.a; S I, VI; C2, C8 SHAPE 1.c, 1.d, 1.e, 2.a, 3.a, 3.b, 3.d, 4.e; S I, II, III, IV, V, VI, VII; C3, C6, C7, C8, C9, C10	Connect Ch. 24 Yoga Skill Sheet Lesson Plan
Week 13	Nov 18 & 20	In Class: Student Led Workouts	SHAPE 1.a, 1.b, 1.d, 1.e, 2.a, 3.a, 3.b, 3.c, 3.d, 4.a, 4.b, 4.c, 4.d, 4.e; S I, II, III, VI, V, VI; C 1, 2, 3, 5, 7, 8, 10 SHAPE 2.a; S I, VI; C2, C7	Assignment Information on D2L

Week	Date	Content	SHAPE/SBEC/TEA Standards	Activities/Assignment
Week 14	Nov 25 & 27	In Class: Student Led Workouts Online: Ch. 30 Pilates Online: Attend Wellness Center Workout	Same as 4/10 SHAPE 1.c, 1.d, 1.e, 2.a, 3.a, 3.b, 3.d, 4.e; S I, II, III, IV, V, VI, VII; C3, C6, C7, C8, C9, C10	Connect Ch. 30
Week 15	Dec 2 & 4	In Class: Pilates Workout	SHAPE 2.a; S I, VI; C2, C8	Exam under Assessments in D2L

		Online: Online Comprehensive Final Exam	SHAPE 1.a, 1.b, 1.c, 1.d, 1.e, 2.a, 3.a, 3.b, 3.c, 3.d, 4.a, 4.b, 4.c, 4.d, 4.e; S I, II, III, VI, V, VI; C 1, 2, 3, 5, 6, 7, 8, 9, 10	
Finals Week For Us	TBA	Bucket of Skills- Time slots TBD	SHAPE 1.a, 1.b, 2.a, 3.c, 4.a, 4.b, 4.c, 4.e; S I, VI; C5, 7, 8, 10	Assignment Information on D2L