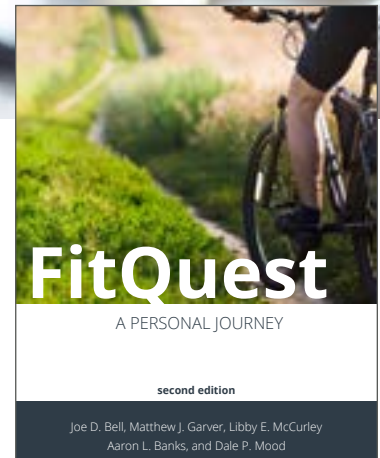


Learn Well. Live Well.

FitQuest

FitQuest: A Personal Journey is a web-based active learning course that is used in higher ed fitness, sport, and activity courses. The course utilizes self-assessments, discussion assignments, and interactive sport & activity modules to teach the principles of physical well-being.

FitQuest can support on-ground and online classes for thousands of students each semester.



Why Instructors Love It:

ACTIVE LEARNING

Make learning easier. Enable students to be more successful with our active learning approach to course and content design.

SIMPLE SETUP

Make teaching easier. Pre-built modules can be used as-is or customized to align with course goals. Streamline course start-up with our course implementation specialists.

EASE OF USE

Maximize your time. Manage multiple course sections easily. Auto-graded labs and self-assessments will reduce grading time, so you can increase teaching time.

MULTIDIMENSIONAL APPROACH

Student centered approach to health and well-being. Teach students about how their overall well-being can be affected by other dimensions such as emotional, environmental, financial, among others.

SUPPORT MATERIALS

A library of content at your fingertips. Additional content used and approved by professors across the country: PowerPoint presentations, quiz banks, interactive online chapters, self-assessments, discussions, reflections...etc.

EDUCATIONAL DESIGN

Have more content you want to implement? We supply editorial and educational design support for new course materials. Focus on the content, we'll do the rest.

“Enabling students to easily track their own progress using their constant companion—their smartphone—can make health and fitness more top-of-mind and lead to more thoughtful discussions in class.”

- Professor Gordon Schmidt, Ph.D., Instructor, William Paterson University

FitQuest MODULES

WELL-BEING AND YOU

an introduction to key concepts and yourself

MAPPING THE JOURNEY

behavior change and goal setting

HEART OF THE JOURNEY

cardiorespiratory fitness

STRENGTH FOR THE JOURNEY

muscular health

FLEXIBILITY ON THE JOURNEY

stretching your horizons

FUEL FOR THE JOURNEY

nutrition and metabolism

PACKING LITE

body composition and weight control

ACTIVITY MODULES

Activity modules include a brief history of the sport, current rules and regulations (when applicable), video explanations of key concepts, and example activities. Currently offered activity modules:

Golf	Aerobic Dance
Hiking & Backpacking	Basketball
Jogging & Running	Soccer
Racquetball & Handball	Volleyball (Includes Beach Volleyball)
Swimming	Karate
Tennis	Bicycling
Walking for Fitness	Softball
Weight Training	Football (Touch and Flag)
Yoga	Flying Disc Sports



We help you create a **SUCCESSFUL** learning environment for both the **INSTRUCTOR** and the **STUDENTS**.

Why Students Love It:

- > Engaging activities that can be applied to their real lives
- > Visual reminders make assignments, points, and due dates clear
- > Mobile and tablet responsive so that they can complete assignments from anywhere, anytime
- > Straightforward user interface that is designed to save time and effort to make learning easier
- > Help that is always a click away

“This course was not, as I expected, an attempt to shame me into exercising, eating right, and (somehow) not being stressed, but a gentle attempt to equip me with the knowledge and tools I need to treat myself the way I deserve to be treated.”

- 2015-2016 Kennesaw State University Student

Questions? Ready to take the first step?

contact us at learnmore@perceivant.com

