PR⊙FICIENCEE

POWERED BY PERCEIVANT

Modern, adaptable digital courseware,
built for every stage of learning.

FitQuest
A PERSONAL JOURNEY

second edition

Joe D. Bell, Matthew J. Garver, Libby E. McCurley,
Aaron L. Banks, and Dale P. Mood

AUTHORS:

Joe D. Bell

Matthew J. Garver

Libby E. McCurley

Aaron L. Banks

Dale P. Mood

FITQUEST
A Personal Journey

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

PLATFORM BENEFITS

Proficiencee replaces static textbooks with **interactive, analytics-enabled courseware** that adapts to today's classrooms.

Each course is built to reduce instructor workload, enhance student engagement, and provide administrators with meaningful insights—all while fitting seamlessly into your LMS.

▶ **Seamless LMS integration** with single sign-on

▶ **Flexible, customizable** modules and activities

▶ **Accessible, responsive design** for every learner

▶ **Dedicated support** for both instructors and students

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

INCLUDED ESSENTIALS

Every Proficiencee course is designed with tools that make teaching more effective and learning more engaging:

Integrated Assessments

Built-in quizzes and checkpoints that give students instant feedback while helping you track progress

Instructor Dashboard

Clear, real-time insights to spot at-risk learners early and guide them toward success.

Customizable Modules

Flexible content you can adapt to fit your syllabus and teaching style.

Lecture Slides & Notes

Professionally designed, ready-to-use resources that save preparation time.

Assignments & Activities

Group work, projects, and discussions that build deeper understanding

FOR INSTRUCTORS

▶ **Active Learning, Made Practical:** Evidence-based strategies that help you foster student success.

▶ **Ready to Teach:** Pre-built modules that you can use as-is or customize to fit your course.

▶ **Efficiency Where It Counts:** Automated grading and simple section management save valuable time.

▶ **Real-Time Visibility:** Intuitive dashboards highlight student progress and identify those who may need extra support.

▶ **A Full Teaching Toolkit:** Access presentations, quiz banks, and interactive chapters in one place.

FOR LEARNERS

▶ **Engaging by Design:** Interactive, straightforward activities that keep students involved.

▶ **Transparent Guidance:** Clear deadlines, grading points, and reminders to help learners stay on track.

▶ **Support Built In:** Help is always available, right when students need it.

TAKE THE NEXT STEP

www.proficiencee.com

learnmore@proficiencee.com