

Course Name: **Fitness 4Life (A & B)**

Subject: **Physical Education**

Length of Course: 1 semester (.5 credit)

Course Description

Fitness 4Life will enable students to obtain the knowledge and skills necessary to develop and maintain a health-enhancing level of fitness and to increase physical competence, self-esteem and the motivation to pursue lifelong physical activity. Students will gain an understanding of the components of health-related fitness, training principles, and the benefits of being physically active. Students will participate in activities that will increase physical fitness levels and develop health practices that value physical activity and its contribution to lifelong fitness. Students will exhibit a physically active lifestyle through participation in one or more lifetime sports or activities of their own choosing.

The topics of study in physical fitness include wellness, health-related physical fitness, fitness terminology, training principles, components of fitness, fitness assessments, goal-setting, benefits of fitness, diet and nutrition, skill-related fitness, and prevention and care of injuries related to physical activity.

Students will pursue proficiency in one or more lifetime sports or activities during this course and document their experience by keeping a journal. Through participation in their chosen sport or activity, students will use a variety of basic and advanced motor skills, apply movement concepts and principles, and integrate performance strategies. Students will develop responsible personal and social behavior, respect for individual differences, self-control, cooperative skills and sportsmanship in a physical activity setting. Students will demonstrate knowledge of history, rules, etiquette, origin and cultural perspectives of their chosen sport or activity through research and composition of a final paper in Part B.

Course Requirements

93-100% = A

90-92.99% = A-

87-89.99% = B+

83-86.99% = B

80-82.99% = B-

77-79.99% = C+

73-76.99% = C

70-72.99% = C-

67-69.99% = D+

63-66.99% = D

60-62.99% = D-

0-59.99%=F

Participation and completion of all assignments, quizzes, and exams are required for students to be successful in this online course.

A student must participate in one or more sports or activities for a minimum of 30 hours during the semester. Students should participate in 3 sessions per week, each lasting 30 minutes or more and require moderate to vigorous levels of exertion. Participation must be documented with the Parent Verification form

Completion of a Sport/Activity Research Paper (Part B)

Plan to access fitness equipment, fitness facility, fitness apps, body weight exercises or activities that get your heart pumping for a sustained 30 minute period during this course.

Course Objectives

A physically educated student:

Achieves and maintains a health-enhancing level of physical fitness.

Exhibits a physically active lifestyle.

Demonstrates competency in many movement forms.

Applies movement concepts and principles to the learning and development of motor skills.

Demonstrates responsible personal and social behavior in physical activity settings.

Demonstrates understanding and respect for differences among people in physical activity settings.

Understands that physical activity provides opportunities for enjoyment, challenge, self-expression, and social interaction.

Scope & Sequence

Fitness 4Life (Part A)

Topic 1: Introduction to Physical Fitness

Terminology

Five components of fitness

FITT Principle (frequency, intensity, time, type of sport or activity)

Sport/Activity Journal

Topic 2: Training Principles

Warm up, work out, cool down

Target heart rate zone

Rating of perceived exertion (RPE) – Borg Scale

Specificity, overload, progression, and reversibility

Sport/Activity Journal

Topic 3: Benefits of Fitness

Health and well-being

Risk Factors

Life expectancy and quality of life

Psychological benefits

Sport/Activity Journal

Topic 4: Cardiorespiratory Fitness

Fitness assessment

Development and maintenance (FITT)

Types of activities

Sport/Activity Journal

Topic 5: Muscular Endurance

Fitness assessment

Development and maintenance (FITT)

Types of activities

Sport/Activity Journal

Topic 6: Muscular Strength

Fitness assessment

Development and maintenance (FITT)

Types of activities

Sport/Activity Journal

Topic 7: Flexibility

Fitness assessment

Development and maintenance (FITT)

Types of activities

Sport/Activity Journal

Topic 8: Body Composition

Fitness assessment

Development and maintenance (FITT)

Types of activities

Sport/Activity Journal

Fitness 4Life Part B

Topic 9: Nutrition

MyPlate

Nutrients

Personal diet assessment

Healthy eating habits

Sport/Activity Journal

Topic 10: Body Weight Management

Methods for weight control

Personal assessment

Nutrition myths and fad diets

Body image and media influence

Sport/Activity Journal

Topic 11: Skill-Related Fitness

Components

Fitness assessments

Development and maintenance

Sport/Activity Journal

Topic 12: Evaluation

Physical Fitness Final Assessment

Fitness Knowledge Exam

Sport/Activity Research Paper

Sport Activity Journal Review

Grading Policy

Grades will be based the combination of the following:

1. Participation in the pre and post-test.
2. The participation in the required workouts/sport activities.
3. The quality of the required journal entries and written assignments.

Workout/Sport Activity and Journal Entry Requirements

1. Each workout/sport activity must be a minimum of 30 minutes long.
 2. Students are required to participate in 30 activities and submit 30 journals each semester.
- ALL Assignments and journals have due dates posted.