

Personal Fitness



Pre-Requisites: None

Credits: 0.5 (per segment)

Estimated Completion Time: 1 segment / 16-18 weeks

Earliest Start Date: March 2014

Description

Aimed at lifelong fitness, this course guides students in strategies and techniques to make continual improvements in all areas of wellness. Students, with the guidance of a training instructor, set personal goals in four areas of wellness: physical, emotional, social, and academic. Fitness assessments enable students to establish baseline levels of fitness and work toward improvement in specific areas. At the end of each module, students submit a wellness plan documenting their daily physical activity, progress toward goals, changes in fitness assessment results, and reflections on personal progress.

The course uses videos, graphics, and interactive learning opportunities to encourage students to get out and be active. By following personalized training principles, students can gain confidence from personal success while they develop healthy habits that will last a lifetime.

The best way to live a healthy life is to prevent health problems before they occur—this course helps students do just that. And the best time to start is right now.

Major Topics and Concepts

Segment 1:

Importance of Physical Activity Baseline Fitness Levels Short and Long Term Goals Cardiovascular System Monitoring the Heart Measuring Pulse Target Heart Rate Zone Cardiorespiratory Activities Principles of Cardiorespiratory Fitness Principles of Overload, Specificity, and Progression Components of Health-Related Fitness Peer Pressure Peer Influence Flexibility Activities Joints, Muscles, Tendons, and Ligaments Benefits of Flexibility Proper Stretching Techniques Types of Stretching Warm-Up and Cool Down Importance Importance of Exercising Safely Types and Causes of Stress Stress Management Components of Skill-Related Fitness Benefits of Muscular Training Strength and Endurance Exercises Muscular Safety Precautions Weight Training Myths Muscular Contractions Principles of Muscular Fitness Value of Lifetime Fitness Avoidance of Unhealthy Lifestyle Balance Nutrition Functions of Essential Nutrients Determining Serving Sizes Reading Nutritional Labels Media's Impacts on Fitness Media's Influence on Self

Required Materials

Course Objectives

Grading Policy

Besides engaging students in challenging curriculum, the course guides students to reflect on their learning and evaluate their progress through a variety of assessments. Assessments can be in the form of practice lessons, multiple choice questions, writing assignments, projects, research papers, oral assessments, and discussions. The course will use the state-approved grading scale and each course contains a unique end of course assessment. This assessment counts for 20% of the student's overall grade and must be passed with a score of 60% or higher.

Communication Policy

Besides engaging students in challenging curriculum, FLVS guides students to reflect on their learning and evaluate their progress through a variety of assessments. Assessments can be in the form of self-checks, practice lessons, multiple choice questions, writing assignments, projects, essays, labs, oral assessments, and discussions. Instructors evaluate progress and provide interventions through the variety of assessments built into a course, as well as through contact with the student in other venues