

Course Description

ELECTIVES: Physical Education

COURSE DESCRIPTION: This course focuses on the fundamental components and principles of fitness. The course examines safety guidelines, proper technique, and exercise principles such as the FITT. Students will assess their current level of fitness in relation to the five components of physical fitness: flexibility, cardiovascular health, muscular strength, muscular endurance, and body composition. Students will also learn strategies to help them begin, design, and maintain an exercise program to keep them fit for life.

PREREQUISITES: None

COURSE LENGTH: Two Semesters or Block

REQUIRED TEXT: None

COURSE OUTLINE:

Unit 1: Ready, Set, Go - Introduction

Unit 2: Fitness Fundamentals

Unit 3: Safety Features

Unit 4: Diet

Unit 5: Designing and Exercising Program

Unit 6: Cardiovascular Fitness

Unit 7: Flexibility Training

Unit 8: Kinesiology and Resistance Training

Unit 9: Strength Training