

## 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

**REQUIRED TEXT:** None

### **COURSE OUTLINE:**

- Ready, Set, Go – Introduction
- Fitness Fundamentals
- Safety Features
- Diet
- Designing and Exercising Program
- Cardiovascular Fitness
- Flexibility Training
- Kinesiology and Resistance Training
- Strength Training