

Physical Education 8*

COURSE DESCRIPTION:

Scientific evidence has shown that regular physical activity is essential to our health and wellness. The American Heart Association has indicated that the primary cause for the number one killer in the United States, heart disease, can be treated with daily participation in physical activity. This course will teach students to make informed decisions that will assist them both now and in the future. Students in 8th grade physical education will be exposed to a variety of lifetime physical activities such as canoeing, cycling, and kickboxing. Every student is different; therefore every student will design and participate in a fitness program that meets their individual fitness needs and interests.

COURSE OBJECTIVES:

After completing this course, students should be able to:

- Design a physical fitness program that is aligned with their current fitness level and personal goals, while applying the principals of training.
- Recognize the importance of physical activity and make independent decisions to be active and maintain a healthy quality of life.
- Identify and apply the critical elements of multiple training methods to enable the development of movement competence.
- Participate in a variety of health enhancing lifetime physical activities designed to increase health-related fitness components.
- Evaluate personal physiological response to exercise.

PREREQUISITES: None

COURSE LENGTH: One semester

REQUIRED TEXT: None

COURSE OUTLINE:

Unit I: Fitness Basics – Topics Include:

- Target Heart Rate
- Fitness Testing
- Goal Setting
- Weight Training
- Principles/Safety

Unit II: Science and Fitness – Topics Include

- Static and Dynamic Balance
- Linear/Rotary Motion

* = One semester (.5 credit) course

Physical Education 8* (continued)

COURSE OUTLINE (continued):

Unit III: Multiple Training Methods:

- Aerobic Routine
- Line Dancing
- Strength Training
- Cardio Cands
- Cardio Kickboxing

Unit IV: Stress Management Exercise:

- Yoga
- Pilates
- Breathing Exercises

Unit V: Lifetime Sports:

- Canoeing
- Cycling
- Tennis
- Cup Stacking
- Lawn Games
- Wall Ball

* = One semester (.5 credit) course