

<b>DEPARTMENT: PHYSICAL EDUCATION</b>	<b>COURSE TITLE: FITNESS</b>
<b>GRADE(S): 9-12</b>	<b>PRE-REQUISITES (IF ANY):NONE</b>

<b>UNIT</b>	<b>LENGTH</b>	<b>CONTENT</b>	<b>SKILLS</b>	<b>METHODS OF ASSESSMENT</b>	<b>FRAMEWORK STRAND(S) &amp; STANDARD(S)</b>
Aerobic Walking	1-20 days	<ul style="list-style-type: none"> <li>▪ History</li> <li>▪ Safety</li> <li>▪ Equipment</li> <li>▪ Skills</li> <li>▪ Concepts</li> <li>▪ Terminology</li> </ul>	Understand Monitoring Heart Rate Use: <ul style="list-style-type: none"> <li>▪ Walking paces</li> <li>▪ Leisure</li> <li>▪ Speed</li> </ul> Employ Endurance	<ul style="list-style-type: none"> <li>▪ Skills Assessment</li> <li>▪ Subjective Observation</li> <li>▪ Written Tests</li> <li>▪ Participation</li> <li>▪ Journals/Charts</li> </ul>	Physical Health Strand LS 2
Fitness/Wellness	1-20 days	<ul style="list-style-type: none"> <li>▪ History</li> <li>▪ Safety</li> <li>▪ Equipment</li> <li>▪ Skills</li> <li>▪ Concepts</li> <li>▪ Terminology</li> </ul>	Understand: <ul style="list-style-type: none"> <li>▪ Monitoring heart rate</li> <li>▪ Agility</li> <li>▪ Balance</li> <li>▪ Coordination</li> <li>▪ Power</li> <li>▪ Reaction time</li> <li>▪ Speed</li> <li>▪ Body composition</li> <li>▪ Cardiovascular</li> <li>▪ Endurance</li> <li>▪ Flexibility</li> <li>▪ Muscular endurance</li> <li>▪ Muscular strength</li> </ul> Use Principles: <ul style="list-style-type: none"> <li>▪ Specificity</li> <li>▪ Progression</li> <li>▪ Overload</li> <li>▪ Frequency</li> <li>▪ Intensity</li> <li>▪ Time</li> </ul> Apply: <ul style="list-style-type: none"> <li>▪ Caloric expenditure</li> <li>▪ Activities</li> <li>▪ Assessment</li> <li>▪ Fitness mistakes (how to avoid them)</li> </ul>	<ul style="list-style-type: none"> <li>▪ Work Sheets</li> <li>▪ Skills Assessment</li> <li>▪ Subjective Observation</li> <li>▪ Written Tests</li> <li>▪ Participation</li> <li>▪ Journals/Charts</li> </ul>	Physical Health Strand LS 2
Conditioning	1-20 days	<ul style="list-style-type: none"> <li>▪ History</li> <li>▪ Safety</li> <li>▪ Equipment</li> <li>▪ Skills</li> <li>▪ Concepts</li> <li>▪ Terminology</li> </ul>	Understand: <ul style="list-style-type: none"> <li>▪ Warm-up</li> <li>▪ Stretching</li> </ul> Demonstrate: <ul style="list-style-type: none"> <li>▪ Walking</li> <li>▪ Jogging</li> </ul>	<ul style="list-style-type: none"> <li>▪ Work Sheets</li> <li>▪ Skills Assessment</li> <li>▪ Subjective Observation</li> <li>▪ Written Tests</li> <li>▪ Participation</li> <li>▪ Journals/Charts</li> </ul>	Physical Health Strand LS 2

			<ul style="list-style-type: none"> <li>▪ Running</li> </ul> Use: <ul style="list-style-type: none"> <li>▪ Weight training</li> <li>▪ Circuit training</li> </ul> Recognize: <ul style="list-style-type: none"> <li>▪ Isometrics</li> <li>▪ Isokinetics</li> <li>▪ Plyometrics</li> </ul>		
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The fitness unit is a required 20 day program in all 9-10 trimester classes and in all 9-12 classes that meet two times per week throughout the school year. The students in 11-12 grade trimester Physical Education classes can select the fitness unit.