



Course Outcome Summary

Course Information: **Personal Fitness**

Description: Personal Fitness is designed to teach and challenge students on how to improve their own fitness. Students will develop and implement their own personal fitness plans to help improve their fitness goals. Students will learn basic nutrition, fitness, and weightlifting concepts and principles that will help them achieve and maintain good health and wellness throughout their lifetime.

Instruction Level: 10-12

Total Credits: 1 (semester long)

Prerequisites: NA

Textbooks: None

Course Standards:

1. The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.
2. The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.
3. The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.
4. The physically literate individual exhibits responsible personal and social behavior that respects self and others.
5. The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

Unit

1. **Creating a Personal Fitness Plan**
2. **Developing a Workout**
3. **Proper Nutrition**
4. **Fitness (semester long)**

Unit Outlines

1. Creating a Personal Fitness Plan

Standards:

1. The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.
2. The physically literate individual exhibits responsible personal and social behavior that respects self and others.

Activity Objective:

The student will develop a fitness plan to attain a personal goal to increase fitness level.

Essential Questions:

- How can creating fitness goals help me maintain or improve a healthy level of fitness?
- How can I create a fitness plan that will assist my personal fitness goals?

Essential Knowledge:

- The student will be able to critique their physical activity and change their fitness plan where/when needed.
- The student will develop a fitness plan to follow to achieve a personal goal.

2. Developing a Workout

Standards:

1. The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.
2. The physically literate individual exhibits responsible personal and social behavior that respects self and others.
3. The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

Activity Objective:

The student will create and lead a group workout keeping their peers in their target heart rate zone.

Essential Questions:

- How can I create a workout to keep my peers as well as myself in our target heart rate zone?

Essential Knowledge:

- The Student will be able to maintain fitness levels in the THZ for 25+ minutes
- The student will challenge their physical activity level to improve their fitness.

3. Proper Nutrition

Standards:

1. The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.
2. The physically literate individual exhibits responsible personal and social behavior that respects self and others.
3. The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

Activity Objective:

The student will be able to implement a nutrition plan to maintain an appropriate energy balance for a healthy, active lifestyle.

Essential Questions:

- How can I maintain an appropriate energy balance for a healthy, active lifestyle?

Essential Knowledge:

- The student will use MyPlate Guidelines to maintain appropriate nutrition levels.
- The students will use a food journal to track their food intake.

4. Fitness (mile run, sit-ups, push-ups, flexibility) *Spans across entire semester

Standards:

1. The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

Unit Objective:

By the end of the semester, students will have performed 3 fitness tests (baseline, mid and final) and set SMART fitness goals.

Essential Questions:

- What role does goal setting play in accomplishing your desired outcomes?
- What are the lifetime benefits of improving your fitness levels?

Essential Knowledge:

- The students will learn how to set realistic goals pertaining to mile run, sit ups, push-ups and flexibility
- The students will learn to re-evaluate and re-set personal fitness goals within an established timeline.
- The students will learn the health benefits of being physically active