Fitness 10 Course Outline

Course Synopsis: The course is comprised of five units of study designed to further students' study of physical fitness and its components. Get Fit will focus entirely on cardiovascular fitness, muscular strength and endurance, and flexibility. The course will provide students with an opportunity to better their understanding of the importance of cardiovascular, muscular strength, and flexibility training through exploration of concepts of physical fitness and human anatomy and physiology. This knowledge teamed with in-depth instruction and focused active training sessions will allow students to achieve improved levels of health and fitness on an individualized basis.

Rationale: With staggering statistics such as 1/3 of British Columbian adolescents being overweight, it is time secondary schools provide students with the opportunities, beyond Physical Education 10, to achieve improved levels of health and fitness. Today's sedentary lifestyle combined with fast food mania is responsible for a generation of adolescents who are less active than their counterparts a decade ago and are increasingly less physically fit and more overweight. This course will provide students with the opportunity to attain a greater understanding of health and fitness concepts and training, and provide a safe and effective environment for students to achieve an improved level of physical health.

Unit/Topic/Module Descriptions:

Unit 1: **Concepts & Elements of Physical Fitness** **10 hours**

Students will develop an understanding of the concepts and elements of physical fitness. They will be introduced to the fitness triangle and the primary components of physical fitness: cardiovascular fitness, muscular strength, muscular endurance, flexibility, and body composition.

Curriculum Organizer – Concepts

It is expected that students will:

- define the relationship of physical fitness to health and wellness
- identify personal fitness needs
- analyze a variety of activities based on personal fitness goals

Curriculum Organizer – Application & Measurement

It is expected that students will:

- Use standardized fitness tests to assess fitness levels
- Create personal health-related fitness goals

Unit 2:Basic Anatomy, Physiology and Nutrition **30 hours**

Students will become familiar with basic human anatomy and physiology, as well healthy eating concepts. Students will learn how these basic concepts are integral in creating health and fitness plans to improve their current levels of physical fitness.

Curriculum Organizer: Concepts

It is expected that students will:

- Identify the relationship of the musculo-skeletal system and basic movement
- Explain principles of training (FITT, SAID, All or None Principle, Overload Principle and Principle of Specificity)
- explain the relationship between aerobic and anaerobic fitness
- Identify the relationship between the theories and concepts of strength and flexibility training
- Analyse a variety of activities based on personal fitness goals

Curriculum Organizer: Application and Measurement
It is expected that students will:

- Apply the principles of training to a personal exercise plan
- Design and assess a personal nutrition plan

Curriculum Organizer: Physical Activity
It is expected that students will:

- analyse the performance of an aerobic-based activity, a strength-based activity and a flexibility-based activity

Unit 3: Concepts and Types of Aerobic & Flexibility Training 15 hours
Students will develop a critical understanding of the importance of both aerobic and flexibility training in a balanced fitness program and how to incorporate various types of aerobic and flexibility training into their personal workout programs.

Curriculum Organizer: Concepts
It is expected that students will:

- compare the relationship between aerobic fitness and flexibility in a personal fitness program
- Design and assess a balanced fitness training plan

Curriculum Organizer: Application & Measurement
It is expected that students will:

- Demonstrate various methods of monitoring personal aerobic fitness (Resting Heart Rates, Recovery Heart Rates and Levels of Perceived Exertion)
- Demonstrate various methods of monitoring personal muscular flexibility (Modified Sit-and- Reach, Zipper Test (shoulder), Hamstring & Hip Flexor Flexibility, and Trunk Rotation)

Unit 4: **Concepts & Types of Muscular Strength & Endurance Training**
15 hours
Students will develop a critical understanding of the importance of muscular strength and endurance training in a balanced fitness program and how to incorporate various types of muscular strength and endurance training into their personal workout programs.

Curriculum Organizer: Concepts
It is expected students will:

- compare the relationship between muscular strength and endurance in a personal fitness program
- Design and assess a balanced fitness training plan

Curriculum Organizer: Application & Measurement
It is expected that students will:

- Demonstrate various methods of monitoring personal muscular strength (Grip Strength, Long Jump, Push-up, Pull-up, One Leg Squat, and Trunk Lift)
- Demonstrate various methods of monitoring personal muscular endurance (Curl-up, Flexed-Arm Support, and Ninety-Degree Push-up)

Unit 5: Aerobic, Muscular Strength, and Flexibility Training 50 hours

Students will develop and improve their level of aerobic fitness through various aerobic activities. Students will improve and develop their muscular strength and endurance through various weight training techniques, as well as improve and increase their level of flexibility through an appropriate stretching program. Students will identify and measure levels of aerobic fitness throughout the course using heart rate measures to track progress, through one rep maximum tests to measure improvements in muscular strength and endurance, and flexibility tests to monitor increased levels of flexibility.

Curriculum Organizer: Measurement & Application

It is expected students will:

- Monitor progress in a personal fitness and nutrition plan

Curriculum Organizer: Physical Activity

It is expected that students will:

- Demonstrate health-enhancing levels of cardiovascular fitness (low impact and step aerobics), muscular strength (weight training and circuit training) and flexibility (yoga, Pilates, and stretching)

Assessment Component:

Type of Assessment	**Details**	**Weighting (%)**
Formative (85%)	Participation – Physical Daily Effort	49%
	Cognitive – Tests & Quizzes	10%
	Assignments & Journal	20%
	Leadership Hours (6hrs.)	6%
Summative (15%)	Final Project	15%

Performance Methods	**Personal Communications**	**Other**
- daily participation	- self evaluation	- rubrics
- aerobic fitness & flexibility journal	- peer evaluation	- rating scales
- strength training journals		
- workbook assignments		
- nutrition planning & tracking		
- analysis of fitness test results		
- implementation of fitness program		