

DSD Body Conditioning DESK Standards

D – Develop an understanding about how to become a healthy individual for a lifetime:

- a. Understand the multifaceted benefits of physical activity including enjoyment, challenge, self expression, and interaction, and how it can enhance learning.
- b. Understand how physical activity affects body composition.
<http://www.bmi-calculator.net/>
- c. Understand and develop cardiovascular endurance, flexibility, muscular strength and endurance.
- d. Understand how to apply training principles according to the FITT formula.
- e. Understand the emotional benefits of physical activity.
- f. Understand how to create and assess a personal wellness plan focusing on strength training.

E – Exercise each day doing cardiovascular exercise, weight lifting, and various other exercises:

- a. Participate in a variety of activities that contribute to improvement of overall fitness including an adequate warm-up and cool down.
- b. Individualized testing (pre and post) in sit & reach, push-ups, sit-ups, cardiovascular endurance (1 mile run), and body composition. ([DSD Fitness Test Sheet](#))
- c. Implement a personal wellness and strength training program.

S – Skill and Writing Development:

- a. Implement writing strategies via activity logs, journals, written assignments, and assessments that facilitate the learning of course materials and encourage practical application across the curriculum.
- b. Learn standardized walking, running, and breathing activities.
- c. Learn weight training techniques including form, spotting, safety, and etiquette.
- d. Learn to accept diversity in a variety of physical settings.
- e. Demonstrate personal and socially responsible behavior in a variety of physically active settings.
- f. Utilize technology to design, monitor, and adjust personal wellness programs.
<http://www.choosemyplate.gov/>
- g. Learn how to evaluate your personal wellness and strength training program.

K – Knowledge about the 6 components of fitness, weight room techniques, safety, and etiquette:

- a. Introduce fitness concepts as they relate to the importance of fitness for life.
- b. Components of fitness include: flexibility, cardiovascular fitness, body composition/weight management, nutrition, muscular fitness, and stress management.
- c. Learn and apply various weight training techniques including form, spotting, safety, and etiquette.