



## FITNESS FOR LIFE

### **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 health (NUTRITION) and fitness plan.

### **E – Exercise each day doing 20-30 minutes of continuous cardiovascular exercise:**

- a. Participate in a variety of activities that contribute to improvement of overall fitness.
- 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 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 sport specific and weight training techniques.
- 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 program.



# DAVIS ESSENTIAL SKILLS AND KNOWLEDGE

**K- Knowledge about the 6 components of fitness: (all new materials) -Study Guides and PowerPoints provided via teacher materials from District.**

- 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. Flexibility - understand the importance of flexibility, how to stretch properly, and types of stretching.
- d. Cardiovascular Fitness - understand how to take exercise heart rates, how to monitor the heart, and how function of the heart and lungs improves with exercise.
- e. Body Composition - understand healthy body fat ratios, body fat measurement techniques, how excessive body fat negatively affects body systems, and healthy ways to weight management.
- f. Nutrition - understand the 6 nutrients, daily calorie intake, and how to eat a healthy diet.
- g. Muscular Fitness - understand how to develop muscle, explore different types of weight training, and different methods used to develop strength.
- h. Stress Management - understand how stress affects health, stress management strategies.