

## Lifetime Fitness

**Course Number:** EL2083

**Grade level:** 9–12

**Credits:** 0.5

**Prerequisite Courses:** None

### Course Description

Exploring fitness topics such as safe exercise and injury prevention, nutrition and weight management, consumer product evaluation, and stress management, EL2083 equips high school students with the skills they need to achieve lifetime fitness. Throughout this one-semester course, students assess individual fitness levels according to the five components of physical fitness: cardiovascular health, muscular strength, muscular endurance, flexibility, and body composition. Personal fitness assessments encourage students to design fitness programs to meet their individual fitness goals.

### Course Objectives

Throughout the course, you will meet the following goals:

- Describe the importance of physical fitness for all ages and abilities
- Describe common exercise-related physical injuries and list guidelines for preventing injuries during physical activity
- Identify diseases that can affect the different systems of the body, and recognize the relationship between stress and disease
- Identify team sports that achieve health-related fitness goals both in school and outside of school
- Describe how people react to stress physically, emotionally, and behaviorally
- Discuss the educational requirements for different careers in the fitness and wellness industry

### Student Expectations

This course requires the same level of commitment from you as a traditional classroom course would. Throughout the course, you are expected to spend approximately 5–7 hours per week online on the following activities:

- Interactive lessons that include a mixture of instructional videos and tasks
- Assignments in which you apply and extend learning in each lesson
- Assessments including quizzes, tests, and cumulative exams

## Communication

Your teacher will communicate with you regularly through discussions, e-mail, chat, and system announcements. Through this communication with your teacher, you will monitor your progress through the course and improve your learning by reviewing material that was challenging for you.

You will also communicate with classmates, either via online tools or face-to-face, as you do the following:

- Collaborate on projects
- Ask and answer questions in your peer group
- Develop speaking and listening skills

## Grading Policy

You will be graded on the work you do online and the work you submit electronically to your teacher. The weighting for each category of graded activity is listed below.

<b>Assignments</b>	10%
<b>Essays</b>	0%
<b>Lesson Quizzes</b>	30%
<b>Unit Tests</b>	25%
<b>Cumulative Exams</b>	15%
<b>Additional</b>	20%

## Scope and Sequence

When you log into the Virtual Classroom, you can view the entire course map, which provides a scope and sequence of all topics you will study. Clicking a lesson's link in the course map leads to a page listing instructional activities, assignments, and learning objectives specific to that lesson. The units of study are summarized below.

**Unit 1:** Beginning Fitness

**Unit 2:** Health-Related Fitness

**Unit 3:** Skills for Lifelong Fitness

Unit	Topic	Lesson	Lesson Objectives
<b>Unit 1: Beginning Fitness</b>			
<b>Introduction to Fitness</b>			
<b>Your Fitness Log</b>			
<b>Physical Fitness Basics</b>			
Define physical fitness, physical activity and exercise			
Differentiate between health, wellness and physical fitness			
Justify the inclusion of physical activity as an essential component of personal health and wellness			
<b>Physical Fitness and Lifestyle</b>			
Describe the relationship between physical fitness and lifestyle			
List controllable and uncontrollable factors that influence physical fitness levels			
<b>Physical Activity Benefits</b>			
Describe how much physical activity is recommended for developing health and fitness			
Identify ways physical activity helps lower the risk for disease			
Summarize the benefits of participating in regular physical activity			
<b>Physical Fitness Attitudes</b>			
Identify why physical fitness is an important health factor in the United States			
Recognize attitudes that positively and negatively influence physical fitness and discuss the benefits of having a positive attitude			
<b>Safety</b>			
<b>Beginning An Exercise Program</b>			
Describe the characteristics of appropriate safety equipment for physical activity			
Explain the importance of having a medical evaluation prior to beginning a personal fitness program			
Recognize clothing that is appropriate for safe physical activity			
<b>Environmental Conditions and Safety</b>			
Describe how personal choice affects the safety of an exercise environment			
Discuss how extreme heat and cold can influence the safety of physical activity			
Explain methods for maintaining proper fluid balance during physical activity			
<b>Common Sports Injuries and Prevention</b>			
Identify exercises and movements that are dangerous and can lead to injury			
List and describe common exercise-related physical injuries			
List guidelines for preventing injuries during physical activity			
<b>Treatment for Common Sports Injuries</b>			
Assess physical activity injuries that require professional health or rehabilitation services			
Describe strategies for determining the severity of a sports injury			
Examine response strategies for injuries requiring basic first aid attention			

Unit	Topic	Lesson	Lesson Objectives
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### Fitness Fundamentals

#### Principles of Exercise

- Apply the training principles of overload, progression, and specificity to physical activity
- Describe the components of FITT (Frequency, Intensity, Time, and Type)
- Identify proper procedures and benefits of warming up and cooling down

#### Health-related Fitness

- Describe strategies for assessing health-related fitness levels
- Identify activities which improve the components of health-related fitness
- List and define each of the five health-related fitness components

#### Skill-related Fitness

- Describe strategies for assessing skill-related fitness levels
- Identify factors that influence skill-related fitness levels
- List and define each of the six skill-related fitness components

#### Fitness Evaluation

- Discuss the factors involved in conducting a fitness evaluation using national fitness tests
- Interpret the results of a fitness evaluation
- Set personal fitness goals based on the results of a fitness evaluation

### Biomechanical Principles

#### Movement

- Describe the effects of energy and force on movement using acceleration and velocity
- Explain the three classes of levers present in the human body and demonstrate their use in physical activity

#### Stability & Range of Motion

- Describe strategies for improving stability
- Describe the relationship between joints and range of motion
- Identify the six types of joints

#### Integrated Movement

- Describe the relationship between efficiency and energy use
- List external forces that provide resistance to human movement
- Use the principles of biomechanics to describe an integrated system of human movement

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## Unit 2: Health-related Fitness

### Cardiorespiratory Fitness

#### The Cardiovascular and Respiratory Systems

- Describe proper care of the cardiovascular and respiratory systems to avoid disease
- Describe the functions and structures of the cardiovascular system
- Describe the functions and structures of the respiratory system

#### Cardiovascular Diseases

- Describe common types of cardiovascular disease
- List ways to identify, treat, and prevent cardiovascular disease
- Summarize how one's lifestyle can contribute to cardiovascular disease

#### Physical Activity and Cardiorespiratory Fitness

- Demonstrate methods for assessing cardiorespiratory fitness
- Describe the affect of physical activity on the cardiovascular and respiratory system
- Identify factors that influence cardiovascular and respiratory fitness levels

#### Developing Cardiorespiratory Fitness

- Apply the exercise principle of overload to improve cardiovascular health
- Describe how the exercise principle of progression leads to improved cardiovascular health
- Differentiate between aerobic and anaerobic exercise using the exercise principle of specificity

#### Exploring Activities for Cardiorespiratory Fitness

- Compare multiple aerobic activities for their ability to promote cardiorespiratory fitness
- Determine safety considerations when performing aerobic activities
- Recognize exercise considerations for those with special needs

### Muscular Fitness

#### The Skeletal, Muscular, and Nervous Systems

- Describe the structures and proper care of the of the skeletal system
- Describe the structures of the nervous system and identify injuries and diseases the affect the nervous system
- Summarize the muscular system, including the functions, types of muscles, and problems associated with the system

#### Muscular Strength and Endurance

- Describe how muscles work and grow
- Differentiate between muscular strength and muscular endurance
- Explain how muscular strength and endurance contribute to good health and fitness

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### **Developing Muscular Strength and Endurance**

- Apply exercise principles to develop muscular strength and endurance
- Demonstrate methods for assessing muscular strength and endurance
- Evaluate the components of weight training in order to design an appropriate personal program

### **Safe Weight Training**

- Demonstrate proper spotting techniques
- Describe proper safety procedures for participating in a weight training program
- Describe the effects of supplements and drugs that are marketed to active people and athletes

### **Exploring Exercises for Muscular Fitness**

- Evaluate the differences between weight-training techniques
- Identify exercises which develop muscular strength and endurance
- Recognize myths associated with weight training

## **Flexibility**

### **Factors Influencing Flexibility**

- Describe the characteristics of flexibility and factors that influence flexibility levels
- Identify health benefits associated with flexibility

### **Physical Activity and Flexibility**

- Apply exercise principles to developing flexibility
- Demonstrate methods for assessing flexibility
- Explain the different types of stretching exercises and how they affect muscles

### **Safe and Effective Stretching**

- Describe a variety of stretching exercises
- Identify stretching exercises that are harmful and should be avoided
- List guidelines for doing flexibility exercises safely

## **Nutrition**

### **Food and Health**

- Analyze the relationship between nutrition, health, and wellness
- Describe the functions of the six basic nutrients in maintaining health
- Recall common nutrition terminology

### **Nutritional Needs**

- Assess nutritional needs based on dietary guidelines and the Food Guide Pyramid
- Describe how nutritional needs change throughout the lifespan
- Formulate healthy meal plans and snacks as part of a balanced diet

Unit	Topic	Lesson	Lesson Objectives
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### Guidelines for Healthy Eating

- Analyze the conditions that lead to the spread of common foodborne illnesses
- Analyze the information on food labels and apply it to make better food choices
- Recognize common myths regarding nutrition

### Body Composition

#### Healthy Body Composition

- Define body composition and describe the importance of body fat
- Describe genetic, physiological, and lifestyle factors that influence body composition
- Identify health-related problems associated with abnormal percentages of body fat

#### Determining and Controlling Body Composition

- Analyze additional strategies for achieving or maintaining a healthy body composition
- Apply the exercise principles to controlling body composition
- Describe methods for determining body composition, including Body Mass Index

#### Diets

- Describe common dietary restrictions and trends
- Differentiate between multiple meanings of diet
- Identify additional harmful diets and weight-loss strategies and their effects on the body

#### Body Image and Eating Disorders

- Develop a methodology for improving body image
- Discuss the relationship between body image and eating disorders, including the influence of the media on body image
- List the symptoms and health dangers of the most common eating disorders

### Unit 3: Skills for Lifelong Fitness

#### Introduction to Sports

##### Team Sports

- Describe how participating in team sports benefits the dimensions of health
- Identify team sports that achieve health-related fitness goals in both school and outside of school
- List common characteristics of team sports, including offense, defense, and officials

##### Individual Sports

- Describe how participating in individual sports benefits the dimensions of health
- Explain why participating in individual sports is enjoyable and desirable
- Identify individual sports that help to achieve health-related and skill-related fitness goals

Unit	Topic	Lesson	Lesson Objectives
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### Skills and Tactics

- Describe strategies used to play team sports
- Identify skills important for participating in physical activities
- Identify techniques for improving your performance when participating in sports

### Participating in Sports

- Define competition and describe what it means to compete
- Describe sportsmanship and why it is important when participating in sports
- Summarize necessary responsible behaviors when participating in sports

### Being a Good Sport

- Describe sports etiquette and ethics
- Identify and apply the rules of safe sports participation
- Summarize an official's role in team sports

### Diversity in Sports

- Examine athletic limitations and differences in yourself and others
- Explore sports and activities of other countries and cultures
- Explore techniques for including peers of all ability levels in sports activities

## Skills for Success in Athletics

### Leadership

- Define leadership
- List the traits, characteristics, and mannerisms associated with effective leaders
- Recognize and identify leadership styles and situations that are appropriate for using them

### Conflict Management

- Demonstrate an understanding of conflict resolution strategies
- Identify the causes of conflict
- Recognize factors that influence conflict resolution

### Communication

- Describe the communication process and effective and ineffective communication
- Develop speaking, listening, and nonverbal communication skills necessary for building healthy relationships
- Differentiate between passive, assertive, and aggressive communication styles

## Stress Management

### Stress and Health

- Describe how people react to stress physically, emotionally, and behaviorally
- Explain common sources of stress
- Recognize the relationship between stress and disease



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### **Coping with Stress**

- Describe positive and negative strategies for coping with stress
- Develop healthy behaviors that help reduce stress

### **Time Management**

- Explain the difference between free time and committed time
- List a variety of strategies for managing time

## **Designing a Personal Fitness Plan**

### **Setting Healthy Goals**

- Develop an action plan to achieve a personal goal
- Differentiate between long-term goals and short-term goals
- Identify guidelines that should be followed when setting goals

### **Activity Selection**

- Analyze common exercise programs and sports activities
- Describe how personality, attitude, and available resources affect the selection of exercise programs and sports activities
- Identify health needs that affect participation in activities

### **Your Fitness Plan**

- Describe strategies that can help maintain a fitness program over the long term
- Explain the steps for putting together a successful personal fitness program
- Tailor a fitness program to accommodate different life stages

## **Consuming Wisely**

### **Making Consumer Choices**

- Analyze health messages delivered through advertisements in the media
- Describe factors that influence consumer decisions about health products, procedures, and information
- Explore the ways in which technology affects the accessibility and reliability of healthcare information

### **Choosing Health Services**

- Analyze the cost and accessibility of health services for all people
- Describe health care services that are available in the community and how they relate to disease prevention and health promotion
- Evaluate health and fitness professionals

### **Dealing with Consumer Issues**

- Explain methods for addressing critical health issues that result from fraud
- Identify government agencies, consumer groups, and business organizations in the community and world that advocate for consumer rights
- List and describe common health-related and fitness-related fallacies

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**Fitness Centers and Equipment**

- Consider the factors related to the selection, purchase, care and maintenance of physical fitness equipment
- Develop criteria for evaluating fitness centers

**Lifetime Fitness**

**Aging and Fitness**

- Describe the importance of physical fitness for all ages and abilities
- Explore how exercise can be modified to include family participation
- Identify the changes that occur as the body ages

**Lifetime Fitness**

- Describe the benefits of lifetime fitness
- Explore popular activities that are common among people seeking lifetime fitness
- Identify and explain characteristics that help people become and remain active

**Fitness and Wellness Careers**

- Discuss the educational requirements for varying careers in the fitness and wellness industry
- Identify a variety of fitness and wellness career opportunities
- List the pros and cons of working in the fitness and wellness industry