



Introduction to Fitness Curriculum

Board Approved: March 21, 2024

Course Information

Course Description:

Introduction to Fitness will offer students the opportunity to explore a wide variety of fitness activities that they can participate in to maintain a healthy active lifestyle. Students will recognize that participation in moderate to vigorous activity has both temporary and lasting positive effects on the body. They will understand that exercise contributes to improved health. They will experience how they can utilize goal setting to help improve their personal fitness, no matter what fitness level they start at, leading to lifelong habits of continual improvement. They will discover the joy of exercising with friends and how social interaction can make fitness activities more enjoyable.

Transfer Goal:

Students will participate in a variety of physical activities in order to discover their personal interests that will enable them to be successful in their lifelong fitness goals.

Curriculum Standards: [Missouri PE Standards 2016](#)

Curriculum Resource(s):

- Fitnessgram: <https://myhealthyzone.fitnessgram.net/>

**priority standards indicated in bold*

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Patrons with questions about the course should contact curriculum@fhsdschools.org

Unit 1: Weight Training

Timeframe: *Throughout the course*

Unit Description: Students will demonstrate basic knowledge and skills regarding safety concepts, proper technique and how weight training can have a positive impact on all health related fitness components.

Enduring Understandings:

- Regular participation in weight training activities will increase a person's overall muscular strength and endurance.
- Following safety protocols is imperative to preventing injuries while participating in weight training activities.

Essential Questions:

- How can I design my workouts to target muscular strength vs endurance?
- What do I need to be aware of and what equipment do I need to use when in the weight room in order to decrease the chance of injury?
- How will implementing a weight training program improve my overall fitness?

Unit 1 Standards

STANDARD CODE	STUDENTS WILL KNOW, BE ABLE TO, AND UNDERSTAND:
S1.H3	● I can demonstrate competency in performing activities that contribute to improving each of the five components of health related fitness
S4.H2	● I can exhibit proper etiquette, respect for others and teamwork while engaging in physical activity and/or social dance
S4.H5	● I can apply best practices for participating safely in physical activity, exercise and dance
S5.H1	● I can analyze the health benefits of a self-selected physical activity
S3.H7	● I can demonstrate appropriate technique in resistance-training machines and free weights
S3.H9	● I can identify types of strength exercises and stretching exercises for personal fitness development

**priority standards indicated in bold*

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Unit 2: Fit for Life

Timeframe: *Throughout the course*

Unit Description: Students will recognize the benefits of being physically active by engaging in various workout structures and styles. Students will be able to identify which type of exercise best fits their needs and capabilities. This unit will introduce students to new and differentiated methods of participating in physical activity.

Enduring Understandings:

- Regular participation in cardiovascular activities will increase a person's overall fitness level.
- Following safety protocols is imperative to preventing injuries while participating in fitness activities.
- There are a wide variety of ways to be physically active and achieve fitness for a lifetime.

Essential Questions:

- What are the health benefits of having higher levels of fitness in each of the 5 health related fitness components?
- What fitness activities are best suited for my personal fitness goals?
- How do I apply the F.I.T. principle to making a plan to improve each of the 5 health related fitness components?

Unit 2 Standards

STANDARD CODE	STUDENTS WILL KNOW, BE ABLE TO, AND UNDERSTAND:
S1.H3	<ul style="list-style-type: none"> • I can demonstrate competency in performing activities that contribute to improving each of the five components of health related fitness
S4.H2	<ul style="list-style-type: none"> • I can exhibit proper etiquette, respect for others and teamwork while engaging in physical activity and/or social dance
S4.H5	<ul style="list-style-type: none"> • I can apply best practices for participating safely in physical activity, exercise and dance
S5.H1	<ul style="list-style-type: none"> • I can analyze the health benefits of a self-selected physical activity
S1.H1	<ul style="list-style-type: none"> • I can demonstrate competency and/or refine activity-specific movement skills in two or more lifetime fitness activities
S1.H2	<ul style="list-style-type: none"> • I can demonstrate competency in dance forms used in cultural and social occasions, or demonstrate competency in one form of dance
S3.H4	<ul style="list-style-type: none"> • I can evaluate, according to their benefits, social support network and participation requirements, activities that can be pursued in the local environment

**priority standards indicated in bold*

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S3.H10	<ul style="list-style-type: none">• I can calculate target heart rate and apply that information to a personal fitness plan
S3.H11	<ul style="list-style-type: none">• I can create and implement a behavior-modification plan that enhances a healthy, active lifestyle in a college or career setting

priority standards indicated in **bold*

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Unit 3: Sports Enhancement

Timeframe: *Throughout the course*

Unit Description: Students will demonstrate knowledge and understanding of the 6 skill-related fitness components and can apply the skill-related fitness concepts appropriately in various athletic settings.

Enduring Understandings:

- Regular participation in skill development activities will increase a person’s overall performance in a wide variety of activities.
- Following safety protocols is imperative to preventing injuries while participating in training activities.

Essential Questions:

- What skills are most beneficial for increased performance in various competitive games?
- How can speed, power, and agility contribute to increasing someone’s health related fitness level?
- How do balance, coordination and reaction time relate to the health-related fitness components?

Unit 3 Standards

STANDARD CODE	STUDENTS WILL KNOW, BE ABLE TO, AND UNDERSTAND:
S1.H3	<ul style="list-style-type: none"> • I can demonstrate competency in performing activities that contribute to improving each of the five components of health related fitness
S4.H2	<ul style="list-style-type: none"> • I can exhibit proper etiquette, respect for others and teamwork while engaging in physical activity and/or social dance
S4.H5	<ul style="list-style-type: none"> • I can apply best practices for participating safely in physical activity, exercise and dance
S5.H1	<ul style="list-style-type: none"> • I can analyze the health benefits of a self-selected physical activity
S1.H1	<ul style="list-style-type: none"> • I can demonstrate competency and/or refine activity-specific movement skills in two or more lifetime fitness activities
S2.H2	<ul style="list-style-type: none"> • I can use movement concepts and principles to analyze and improve performance of self and/or others in a selected skills

**priority standards indicated in bold*

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Unit 4: Team Sports

Timeframe: *Throughout the course*

Unit Description: Students will recognize the health-related benefits of engaging in team activities and will practice 21st century skills of communication and collaboration while participating in team activities.

Enduring Understandings:

- Participation in team sports can help improve health-related fitness.
- Cooperation, teamwork, and sportsmanship are life skills that can help a person be successful in all aspects of life.

Essential Questions:

- What health benefits do I gain when participating in team activities?
- What are the benefits of good sportsmanship?
- How can I use my participation in sports to develop 21st century skills that will help me in my future endeavors?
- What team sport activities do I enjoy and will most likely continue to participate in throughout my lifetime?

Unit 4 Standards

STANDARD CODE	STUDENTS WILL KNOW, BE ABLE TO, AND UNDERSTAND:
S1.H3	<ul style="list-style-type: none"> • I can demonstrate competency in performing activities that contribute to improving each of the five components of health related fitness
S4.H2	<ul style="list-style-type: none"> • I can exhibit proper etiquette, respect for others and teamwork while engaging in physical activity and/or social dance
S4.H5	<ul style="list-style-type: none"> • I can apply best practices for participating safely in physical activity, exercise and dance
S5.H1	<ul style="list-style-type: none"> • I can analyze the health benefits of a self-selected physical activity
S2.H5	<ul style="list-style-type: none"> • I can apply appropriate tactics and strategies in various activities

**priority standards indicated in bold*

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Unit 5: Net Sports

Timeframe: *Throughout the course*

Unit Description: Students will identify, analyze, and apply how fitness concepts are associated with participation in various net sports.

Enduring Understandings:

- Health related fitness can be improved by participating in net sports activities.
- Proper etiquette and social interactions are vital to positive experiences in net sport activities.
- Cooperation and communication are key aspects of successfully participating in net sports.

Essential Questions:

- How can attitude and etiquette affect someone's experiences participating in net sports?
- What net sport activities do I enjoy and will most likely continue to participate in throughout my lifetime?
- How do net sport activities contribute to increasing my overall fitness level?
- How can I use my participation in net sports to develop 21st century skills that will help me in my future endeavors?

Unit 5 Standards

STANDARD CODE	STUDENTS WILL KNOW, BE ABLE TO, AND UNDERSTAND:
S1.H3	<ul style="list-style-type: none"> • I can demonstrate competency in performing activities that contribute to improving each of the five components of health related fitness
S4.H2	<ul style="list-style-type: none"> • I can exhibit proper etiquette, respect for others and teamwork while engaging in physical activity and/or social dance
S4.H5	<ul style="list-style-type: none"> • I can apply best practices for participating safely in physical activity, exercise and dance
S5.H1	<ul style="list-style-type: none"> • I can analyze the health benefits of a self-selected physical activity
S1.H1	<ul style="list-style-type: none"> • I can demonstrate competency and/or refine activity-specific movement skills in two or more lifetime fitness activities
S2.H5	<ul style="list-style-type: none"> • I can apply appropriate tactics and strategies in various activities

**priority standards indicated in bold*

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