

General Course Information

Course Name: Personal Fitness for Life	
Department: Physical Education	Grade Level(s): 10-12
Duration/Credits: 1 sem/.5 credit	Prerequisites: none
BOE Approval Date:	Course Code: H8040
Course Description:	
This course is designed to improve fitness levels in a noncompetitive environment while participating in a variety of fitness activities. Students develop and participate in a fitness program designed to reach their individual fitness goals.	
Course Rationale:	
Students will be encouraged to develop types of physical activity that they can enjoy and participate in for a lifetime of health and wellness. Students will participate in activities that will relate to all of the five health related components of fitness.	
Course Objectives:	
<p>The student will participate in a variety of activities that will increase personal fitness.</p> <p>The student will use proper technique during all activities to prevent injuries and maintain a healthy body.</p> <p>The student will read about the relationship between nutrition, exercise, and healthy lifestyle. (A+ Reading)</p> <p>The student will demonstrate improved cardiovascular and muscular fitness. (A+ Writing)</p> <p>The student will research the benefits of aerobic exercise as a heart-healthy activity. (A+ Research)</p> <p>The student will develop and present a plan to stay fit throughout life incorporating all five components of health-related fitness. (A+ Speaking and Listening)</p> <p>The student will participate in Missouri fitness testing.</p>	