

Rationale

Personal Fitness involves the interconnection of physical, mental, social, and emotional characteristics central to an individual's well-being. Poor personal physical fitness affects the individual's overall fitness and his or her ability to meet the demands of that person's way of life.

Course Description

Fitness is comprised of a variety of aspects: muscular strength, muscular endurance, cardiovascular condition/endurance, and flexibility. This course is designed to instruct individual students about exercise activities to improve strength, endurance, and flexibility and to assist the student in developing personal and lifelong fitness goals.

Course Objectives

The student will participate in a variety of sport and lifetime/recreational activities to understand the importance of being physically fit.
The student will identify and apply principles of training and conditioning for physical activity.
The student will set personal fitness goals and will create a personal fitness plan based on research.
The student will research, create, and lead small group physical activities, such as class warm-ups, dances, and games.
The student will describe and practice ethical personal and group conduct appropriate for engaging in games, sports, and life, such as kindness, sportsmanship, and positive collaboration.

BOE June 14, 2018