

Wellness Course Syllabus

Course Name: Personal Fitness v10

Course Credit: 0.5

Course Estimated Completion Time: 1 Semester/15 Weeks

Grade Level(s): 9-12

Description:

In this Personal Fitness course, students are required to participate in weekly cardiovascular, flexibility and strength and endurance activities. Students who are unable to participate in such physical exercises will be unable to complete the requirements of this course. Students who have an Individualized Educational Plan (IEP) or some other physical limitation that prevents them from participating in physical activity should seek to enroll in an Adaptive Physical Education course.

Prerequisites:

Honors Lessons:

Major Topics and Concepts:

Module 01: Welcome Center

- Tracking Your Stay
- Wellville Information Bureau
- Wellville City Limits
- Wellville Locals
- How Fit Are You?
- Flexibility Training Principles
- Bend and Stretch
- Stretching Safely
- Flexibility Workout Log
- Check Out

Module 02: Rec Center

- Tracking Your Stay
- Welcome to the Rec Center
- Health Risk Factors
- Health vs. Skill Related Exercise
- Warm Up/Cool Down
- Common Injuries
- Check Out

Module 03: Teen Center

- Tracking Your Stay
- Stress - A Fact of Life
- Stress and Coping Strategies
- Manage Your Stress
- Goal Setting
- You're on Your Way
- Check Out

Module 04: Health Club

- Tracking Your Stay
- Cardiovascular Health
- Monitoring the Heart
- Cardiovascular Disease
- What is Cardiovascular Activity?
- Principles of Cardiovascular Fitness
- Cardiovascular Workout Log
- Check Out

Module 05: Wellville Gym

- Tracking Your Stay
- Muscular Fitness Training
- Safety Precautions
- Your Muscular Fitness Program
- Principles of Muscular Fitness
- Muscular Fitness Workout Log
- Check Out

Module 06: Wellville Cafe

- Tracking Your Stay
- Food and Its Relationship to Health
- Evaluate Your Personal Menu
- Food Labels and You
- Wellville Water
- Check Out

Module 07: Body Shop

- Tracking Your Stay
- How Are You Built?
- What's Inside Your Skin?
- Input, Output and Calories
- Weight: Keeping it Under Control
- Eating and Weight Issues
- Check Out

Module 08: Medical Center

- Tracking Your Stay

- Final Fitness Test
- Varying Activities
- Final Workout Logs
- Final Exam

Required Materials:

Grading Policy: Besides engaging students in challenging curriculum, the course guides students to reflect on their learning and evaluate their progress through a variety of assessments. Assessments can be in the form of practice lessons, multiple choice questions, writing assignments, projects, research papers, oral assessments, and discussions. This course will use the state-approved grading scale. Each course contains a mandatory final exam or culminating project that will be weighted at 20% of the student's overall grade.***

***Proctored exams can be requested by FLVS at any time and for any reason in an effort to ensure academic integrity. When taking the exam to assess a student's integrity, the exam must be passed with at least a 59.5% in order to earn credit for the course.

Advanced Placement Policy: Students entering high school grades 9-12 have access to Advanced Placement courses that may result in earning college credit for high school coursework. These courses are used to calculate overall Grade Point Average (GPA) and typically count extra in the calculation. These courses are also available at no charge to Florida public school students, whereas they may have a tuition cost if taken in college. (S. 1003.02, F.S.)

A passing grade in the course will be accepted for high school credit. Postsecondary institutions determine college credit awarded, based on the AP Exam score earned. FLVS strongly encourages students who take AP courses to sit for the course AP Exam in May. Florida students shall be exempt from payment of any fees associated with AP Exam participation, with the exception of late test registration fees incurred by the student.

Communication Policy: To achieve success, students are expected to submit work in each course weekly. Students can learn at their own pace; however, "any pace" still means that students must make progress in the course every week. To measure learning, students complete self-checks, practice lessons, multiple choice questions, projects, discussion-based assessments, and discussions. Students are expected to maintain regular contact with teachers; the minimum requirement is monthly. When teachers, students, and parents work together, students are successful.