

Lifetime Fitness and Wellness

Kameshia Levingston- Lake Dallas High School

Fall and Spring

Dear Parents and Guardians,

This syllabus outlines the course plan for your child's class this semester, including key topics, expectations, and how you can support their success. As required by Texas law (Senate Bill 12), this document serves as the instructional plan and is available for your review. I look forward to working with you and your child!

Contact Information

- Teacher Coach K
 - Email: Klevingston@ldisd.net
 - Conference Time: By appointment
 - Best Way to Reach Me: Email or call the school office.
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Course Overview (Instructional Plan)

This semester, your child will study the following topics in Lifetime Fitness and Wellness, based on the Texas Essential Knowledge and Skills (TEKS) for High School Physical Education:

Unit 1: Foundations of Physical Fitness

- Learning Objectives:
 - Understand the 5 components of health-related fitness (cardiovascular endurance, muscular strength, muscular endurance, flexibility, body composition).
 - Learn safe and effective exercise techniques.

- Identify personal fitness goals.
 - Activities: Baseline fitness testing, personal goal setting, and introduction to warm-up/cool-down routines.
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Unit 2: Cardiorespiratory Endurance and Aerobic Fitness

- Learning Objectives:
 - Develop cardiovascular health through aerobic activities.
 - Monitor heart rate zones for safe and effective workouts.
 - Apply FITT (Frequency, Intensity, Time, Type) principles.
 - Activities: Running/walking programs, jump rope, cycling, circuit training, and aerobic games.
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Unit 3: Muscular Strength and Endurance

- Learning Objectives:
 - Learn proper form for resistance exercises.
 - Understand muscle groups and training principles.
 - Build functional strength for daily life and sports.
 - Activities: Bodyweight exercises, resistance bands, light weights, partner workouts, and circuit stations.
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Unit 4: Flexibility and Injury Prevention

- Learning Objectives:
 - Practice dynamic and static stretching techniques.
 - Understand the role of flexibility in performance and injury prevention.

- Learn recovery and self-care methods.
 - Activities: Stretching routines, yoga, foam rolling, and guided relaxation.
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Unit 5: Lifetime Recreational and Team Activities

- Learning Objectives:
 - Participate in team and individual sports to promote lifelong physical activity.
 - Develop communication, leadership, and teamwork skills.
 - Demonstrate sportsmanship and respect for rules.
 - Activities: Basketball, volleyball, pickleball, ultimate frisbee, badminton, and outdoor recreation.
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Unit 6: Personal Wellness and Healthy Lifestyle Choices

- Learning Objectives:
 - Explore nutrition basics and energy balance.
 - Identify strategies for stress management and mental well-being.
 - Create a personal wellness plan.
 - Activities: Food tracking, wellness journals, mindfulness activities, and class discussions.
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Additional Skills Developed:

- Goal setting and self-monitoring progress
 - Time management for balancing health, school, and personal life
 - Critical thinking about health and fitness information
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Thank you for supporting your child's education and lifelong health journey! Please reach out with any questions or concerns during the semester.

Sincerely,

Coach K (Mrs. Levingston)