



Lifetime Fitness

Approved by KSD Board of Education: February 23, 2026

Course Description:

Lifetime Fitness is a course designed to expose students to various fitness activities they can participate in for a lifetime. Students will develop a foundation of skills to support their cardiovascular fitness, muscular endurance and strength, and flexibility. The focus of this course is to prepare students to regularly participate in physical activity for a lifetime. This course is only offered in the **Spring** semester.

Grade Level: 9th-12th

Unit Scope and Sequence

Unit 1: Personal Fitness and Wellbeing

Unit 2: Cardiovascular Fitness

Unit 3: Muscular Strength and Endurance

Unit 4: Flexibility

Course Enduring Understandings:

- Cardiovascular fitness, muscular strength, muscular endurance and flexibility are the main components of fitness. Improving in each area benefits my health.
- Setting goals can help achieve a level of fitness for my overall health.
- Exercise helps improve my physical health, mental health and academic performance.

Course Essential Questions:

- How does my engagement in class improve my physical fitness?
- How can I achieve and maintain health-enhancing levels of physical activity and fitness?
- How can setting goals affect my personal fitness growth?
- How can exercise help improve my physical health, mental health and academic performance?

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Unit 1: Personal Fitness and Wellbeing

In this unit, students will learn the many benefits of exercise on mind and body. Students will be able to identify the components of fitness and importance of goal setting. These skills help build a strong foundation for lifelong wellness.

Unit Essential Learning Targets	
<i>Enduring Understandings</i>	<i>Essential Questions:</i>
- Cardiovascular fitness, muscular endurance, muscular strength, and flexibility are all components of fitness, and contribute to overall health. - Practicing proper stretching technique prevents injury. - Setting goals helps maintain my fitness. - Everyone has different levels of fitness and can benefit from a variety of movements. - Exercise benefits the body and mind.	- How can I improve my personal fitness? - How can I properly prevent injury? - How does physical activity affect people differently?
<i>Students must know:</i>	<i>Students must be able to:</i>
- Components of fitness: - Cardiovascular Fitness - Muscular Endurance - Muscular Strength - Flexibility - Proper stretching techniques - SMART goals	- Identify the importance of the components of fitness. - Demonstrate proper stretching techniques. - Write a SMART goal.

Missouri (MO SHAPE) Learning Standards
Priority Standard: Applies knowledge related to movement and fitness concepts. (2) Supporting Standards Discusses the benefits of a physically active lifestyle as it relates to young adulthood. (2.12.11)

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Unit 2: Cardiovascular Fitness

This unit teaches students how daily exercise supports a healthy lifestyle. Students will engage in cardiovascular activities.

Unit Essential Learning Targets	
<i>Enduring Understandings</i>	<i>Essential Questions</i>
• Daily exercise can improve my health and wellbeing. • Understanding heart rate during exercise helps me determine the right intensity. • The heart and lungs work together to deliver oxygenated blood to the body, essential for movement and endurance. • Participating in a variety of activities improves my cardiovascular fitness.	• How do cardiovascular activities impact my health and wellbeing? • How can knowing my heart rate determine how I exercise? • How can I improve my cardiovascular fitness? • What cardiovascular activities do I enjoy?
<i>Students must know:</i>	<i>Students must be able to:</i>
• Heart rate • How blood circulates through the body • Aerobic vs. Anaerobic • High impact vs. Low impact	• Measure their heart rate. • Monitor heart rate to determine their exercise intensity. • Engage in cardiovascular activities during class. • Demonstrate examples of low and high impact exercises. • Distinguish between aerobic and anaerobic. • Participate in both aerobic and anaerobic exercises.

Missouri Learning Standards

Priority Standard 1: Develops a variety of motor skills.

Supporting Standard:

- 1.12.5 Demonstrates appropriate technique in cardiovascular training.

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Unit 3: Muscular Strength and Endurance

This unit will focus on the benefits of muscular strength and endurance. Students will participate in a variety of exercise routines designed to introduce and engage specific muscle groups while learning about their importance in overall fitness and daily activities.

Unit Essential Learning Targets	
<i>Enduring Understandings</i>	<i>Essential Questions</i>
• Learning proper technique is vital for maintaining a safe environment. • Monitoring and choosing the correct weight will help determine how to implement the principles of overload and progression. • Knowing the major muscle groups and exercises that target them promotes lifelong fitness and helps maintain a healthy, injury-free body. • Different exercise methods provide unique benefits.	• How do I maintain a safe exercise environment? • How and why do I implement the principles of overload and progression? • What is the difference between muscular strength and muscular endurance? • What exercises target each muscle group?
<i>Students must know:</i>	<i>Students must be able to:</i>
• Major muscles of the body • Proper technique for lifting • Principle of overload and progression • Muscular endurance • Muscular strength	• Identify the major muscles of the body. • Identify which exercises target each muscle group. • Describe the principles of overload and progression. • Demonstrate proper technique in a variety of exercises.

Missouri Learning Standards
Priority Standard: Priority Standard 1: Develops a variety of motor skills. Supporting Standards: • 1.12.6 Demonstrates appropriate technique in muscular strength and endurance training.

Lifetime Fitness Unit 4: Flexibility

In this unit, students will develop a foundational understanding of flexibility and its role in overall fitness. Students will demonstrate proper stretching techniques with an emphasis on safety, breathing and injury prevention.

Unit Essential Learning Targets	
<i>Enduring Understandings</i>	<i>Essential Questions</i>
- Consistent and intentional stretching and mobility training increase range of motion. - Knowing the major muscle groups and the stretches that target them promotes lifelong fitness and helps maintain a healthy, injury-free body. - Dynamic and static stretching serve different purposes. - Breathing and relaxation enhance flexibility.	- Why is flexibility an important part of lifelong fitness and overall well-being? - How does improving flexibility affect the way we move, perform, and feel in daily life? - Why are both dynamic and static stretching important, and when should each be used? - How do breathing, relaxation, and body awareness contribute to better flexibility?
<i>Students must know:</i>	<i>Students must be able to:</i>
- Dynamic stretching - Static stretching - Range of Motion - Major muscles of the body - Proper form for a variety of stretching	- Demonstrate the difference between dynamic and static stretching. - Identify which stretches target each muscle group. - Demonstrate proper stretching technique. - Demonstrate proper breathing and relaxation strategies.

Missouri Learning Standards
Priority Standard: Priority Standard 1: Develops a variety of motor skills. Supporting Standards: 1.12.7 Demonstrates appropriate technique in flexibility training.