

Physical Fitness

Physical Fitness is a semester-length elective designed for high school students. The course focuses on the health benefits of regular physical activity and of a long term exercise program.

As students work through the course, they will learn about the many aspects of physical fitness, including basic nutrition, the importance of flexibility, cardiovascular health, muscle and strength training, and realistic goal setting. Along the way, students will be required to maintain and submit an activity log in order to measure progress in course exercises, as well as in personal fitness goals.

Upon completion of Physical Fitness, students should possess the knowledge and skills needed to do the following:

- Analyze the key components of successful physical activity and use this analysis to determine if a program is reasonable and effective.
- Describe the three main types of physical activity that should be included in a exercise regime and the health benefits of each.
- Perform basic fitness exercises associated with the three main types of physical activity discussed in this course.
- Identify the main motivational strategies that can be used to help the student continue in positive fitness habits once this course is completed.

Unit 1: An Overview of Fitness	
Assignments	
Physical Fitness	1. Course Overview
	2. What is Physical Fitness?
	3. Why Should I Exercise?
	4. Quiz 1: Physical Fitness and Exercise
	5. Alternate Quiz 1-Form A: Physical Fitness and Exercise*
	6. Alternate Quiz 1-Form B: Physical Fitness and Exercise*
	7. Physical Benefits
	8. Mental and Emotional Benefits
	9. Longevity
	10. Quiz 2: Benefits of Exercise
	11. Alternate Quiz 2-Form A: Benefits of Exercise*
	12. Alternate Quiz 2-Form B: Benefits of Exercise*
13. What is Nutrition?	
14. Weight Control	
15. Putting the Pieces Together	
16. Project: Food Analysis	
17. Quiz 3: Basic Nutrition	
18. Alternate Quiz 3-Form A: Basic Nutrition*	
19. Alternate Quiz 3-Form B: Basic Nutrition*	
20. Special Project*	
21. Review	
22. Test	
23. Alternate Test-Form A*	
24. Alternate Test-Form B*	
25. Glossary and Credits	

Unit 2: Flexibility Training	
Assignments	
Physical Fitness	1. Daily Activity versus Planned Exercise
	2. Project: Using the Activity Log
	3. Warm-ups and Cool-Downs
	4. Quiz 1: Planning Daily Exercise
	5. Alternate Quiz 1-Form A: Planning Daily Exercise*
	6. Alternate Quiz 1-Form B: Planning Daily Exercise*
	7. Is Stretching Exercise?
	8. Physical Benefits of Stretching
	9. Project: Test your Flexibility
	10. Quiz 2: Stretching
	11. Alternate Quiz 2-Form A: Stretching*
	12. Alternate Quiz 2-Form B: Stretching*
13. Correct Motion and Breathing	
14. Project: Upper Body Flexibility Exercises	
15. Project: Lower Body Flexibility Exercises	
16. Project: Whole Body Flexibility Exercises	
17. Unit 2 Activity Log	
18. Special Project*	
19. Review	
20. Test	
21. Alternate Test-Form A*	
22. Alternate Test-Form B*	
23. Glossary and Credits	