

COURSE SYLLABUS

Course Name: Personal Fitness

Description: Take it personally! Your health and fitness, that is. There's no one-size-fits-all solution, so this course is designed with ***you*** at the center of achieving a lifetime of overall health and physical fitness. Learn about why and how your body moves with the components of fitness as well as how to set and reach goals to keep improving. Stay safe with injury and disease prevention and keeping your body free of harmful substances. Emotional health is important, too. You'll learn skills like building resiliency, managing stress, and maintaining healthy relationships. Let's get started on your personal journey!

Estimated Completion Time: 1 Segment /16–18 weeks

Major Topics and Concepts:

Segment One

Module 01 Let's Get Moving

- Benefits of Physical Activity
- MVPA Guidelines
- Safety
- Sport Etiquette
- Teamwork
- Sportsmanship
- Skill-Related Components of Fitness
- Biomechanics

Module 02 The Fitness Zone

- Health-Related Components of Fitness
- Principles of Fitness
- Cardiorespiratory Endurance
- Flexibility
- Muscular Strength and Endurance
- Goal Setting
- Personal Fitness Plan

Module 03 Risky Business

- Community Health
- Environmental Health
- Prescription Drugs Abuse
- Opioids

- Alcohol Abuse
- Illegal Narcotics
- Tobacco
- Nicotine
- Vaping

Module 04 It's All About You

- Nutrition
- Preventative Health Care
- Stress Management
- Mental Health
- Emotional Health
- Social Media
- Peer Relationships
- Peer Pressure
- Personal Responsibility
- Resiliency

Course Assessment and Participation Requirements:

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 parent work together, students are successful.