

Course Name: Personal Fitness v10

Course Credit: 0.5

Course Estimated Completion Time: 1 Semester/15 Weeks

Course 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: None

Types of Assessments (Includes Honors, if applicable)

Types of Assessment	Types of Assessment
Multiple Choice	Essay
Worksheets	Collaborative
Web 2.0	Short Response
Project - Based	Labs
Self - Check	DBAs

Scope and Sequence

Module 1: 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 2: 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 3: 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 4: 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 5: 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 6: Wellville Cafe

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

Module 7: 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 8: Medical Center

- Tracking Your Stay
- Final Fitness Test
- Varying Activities
- Final Workout Logs
- Final Exam