

This course is designed to provide students with the basic skills and information needed to begin a personalized exercise program and maintain an active and healthy lifestyle. Students participate in pre- and post fitness assessments in which they measure and analyze their own levels of fitness based on the five components of physical fitness: muscular strength, endurance, cardiovascular fitness, flexibility, and body composition. In this course, students research the benefits of physical activity, as well as the techniques, principles, and guidelines of exercise to keep them safe and healthy. Throughout this course students participate in a weekly fitness program involving elements of cardio, strength, and flexibility.

### **UNIT 1: FITNESS ASSESSMENT**

- Lesson 1: Fitness Assessment
- Lesson 2: Fitness Analysis & Goals

### **UNIT 2: KNOW BEFORE YOU GO**

- Lesson 1: Getting Started
- Lesson 2: Warm Up & Cool Down
- Lesson 3: Posture & Technique

### **UNIT 3: WHAT IS FITNESS?**

- Lesson 1: What Is Fitness?
- Lesson 2: Exercise Benefits
- Lesson 3: Safety & Injury Prevention

### **UNIT 4: PRINCIPLES OF FITNESS**

- Lesson 1: Components Of Fitness
- Lesson 2: Fitt Principles
- Lesson 3: Heart Rate & Intensity

### **UNIT 5: DIET & SUBSTANCES**

- Lesson 1: Nutrition
- Lesson 2: Weight Management
- Lesson 3: Drugs & Fitness

### **UNIT 6: POST ASSESSMENT**

- Lesson 1: Post Assessment