

This course takes a more in-depth look at the five components of physical fitness touched on in Fitness Fundamentals 1: muscular strength, endurance, cardiovascular health, flexibility, and body composition. This course allows students to discover new interests as they experiment with a variety of exercises in a non-competitive atmosphere. By targeting different areas of fitness, students increase their understanding of health habits and practices and improve their overall fitness level. Students take a pre- and post-fitness assessment. Throughout this course students also participate in a weekly fitness program involving elements of cardio, strength, and flexibility.

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

- Lesson 1: Fitness Assessment
- Lesson 2: Health & Fitness Analysis
- Lesson 3: Goal Setting

### **UNIT 2: EXERCISE PROGRAMMING**

- Lesson 1: Exercise Programming
- Lesson 2: Aspects Of Health
- Lesson 3: Exercise Equipment

### **UNIT 3: CARDIOVASCULAR TRAINING**

- Lesson 1: Cardio Principles
- Lesson 2: Cardiovascular Exercises

### **UNIT 4: STRENGTH TRAINING**

- Lesson 1: Principles Of Strength Training
- Lesson 2: Strength Training Exercises

### **UNIT 5: FLEXIBILITY TRAINING**

- Lesson 1: Principles Of Flexibility Training
- Lesson 2: Flexibility Exercises

### **UNIT 6: NUTRITION**

- Lesson 1: Body Mass Index
- Lesson 2: Diet & Exercise

### **UNIT 7: POST ASSESSMENT**

- Lesson 1: Post Assessment