

**This course focuses on fundamental and current topics in the field of physical fitness. It supports and encourages students to develop an individual optimum level of physical fitness, to acquire knowledge of physical fitness concepts, and to understand the significance of lifestyle on one's health and fitness. Students will have the opportunity to explore physical fitness concepts through participation in a variety of activities. Successful completion of this course earns one-half required PE credit.**

### **Enduring Understandings and SHAPE Standards: Fitness Activities**

- Develop health enhancing behaviors and activities for a healthy lifestyle. (S3.L1.3a)
- Understand the supports and barriers that can impact exercising and how the environment can affect an individual when exercising. (S4.L1.1a)
- Understand the Cardio-respiratory system/heart rate and how they affect exercising and the body. (S3.L1.2b)
- Utilize heart rate thresholds and zones to monitor intensity of exercise. (S3.L1.2d)
- Differentiate between Aerobic and Anaerobic training. (S2.L1.1a)
- Apply Muscular Fitness concepts to a self-selected workout. (S2.L1.1b)
- Develop an understanding of the benefits of a consistent exercise routine. (S5.L1.1)
- Develop knowledge of the principles of training to be applied to a consistent exercise routine. (S2.L1.1b)
- Evaluate fitness products and opportunities in the community in order to promote lifetime fitness. (S3.L1.1b)
- Develop an understanding of how creating a fitness portfolio can lead to healthier lifestyle. (S3.L1.3a)
- Develop ways to self-manage levels of fitness and overall health. (S3.L1.5)
- Develop an understanding of how stress can be reduced by exercise. (S5.L1.1)

### **Enduring Understandings and SHAPE Standards: Fitness Basics**

- Utilize the proper terminology related to muscular anatomy and muscle fibers. (S2.L1.1a)
- understand the importance of proper form for muscular fitness. (S3.L1.2a)
- Understand and identify the phases of a contraction. (S2.L1.1a)
- Differentiate between isometric and isotonic contractions. (S3.L1.2c)
- Develop an understanding of the benefits of flexibility. (S5.L1.1)
- Develop knowledge to apply flexibility to a personal fitness program. (S3.L1.2c)
- Understand the importance of nutrition and body composition and how it can play a role in your life-long health. (S3.L1.4a)

### Enduring Understandings and SHAPE Standards: Throwing and Catching

- Understand the Cardio-respiratory system/heart rate and how they affect exercising and the body. (S3.L1.2b)
- Utilize heart rate thresholds and zones to monitor intensity of exercise. (S3.L1.2d)
- Differentiate between Aerobic and Anaerobic training. (S2.L1.1a)
- Understand the supports and barriers that can impact exercising and how the environment can affect an individual when exercising. (S4.L1.1a)
- Develop an understanding of how creating a fitness portfolio can lead to healthier lifestyle. (S3.L1.3a)
- Utilize performance cues to improve performance in throwing and catching activities. (S1.L1.1)

### Enduring Understandings and SHAPE Standards: Striking

- Develop an understanding of the benefits of a consistent exercise routine. (S3.L1.1a)
- Develop knowledge of the principles of training to be applied to a consistent exercise routine. (S2.L1.1b)
- Understand the Cardio-respiratory system/heart rate and how they affect exercising and the body. (S3.L1.1a)
- Utilize heart rate thresholds and zones to monitor intensity of exercise. (S5.L1.2)
- Utilize performance cues to improve performance in striking activities. (S1.L1.1)

### Enduring Understandings and SHAPE Standards: Integrated Movement

- Utilize and value strategic movement patterns for their importance in sport and lifetime activities. (S1.L1.1) (S2.L1.1e)
- Develop knowledge of the principles of training to be applied to a consistent exercise routine. (S2.L1.1b)
- Develop ways to self-manage levels of fitness and overall health. (S3.L1.5)
- Develop an understanding of how stress can be reduced by exercise. (S5.L1.1)
- Apply Muscular Fitness concepts to a self-selected workout. (S2.L1.1b)
- Evaluate fitness products and opportunities in the community in order to promote lifetime fitness. (S3.L1.1b)