

ASD Academic Plan

Physical Education: Fitness Basics

Grade Level: 9-12 grade	Course Description: The course is designed to introduce students to all aspects of low impact and basic fitness concepts and activities. The primary class activities will include a variety of health-related fitness activities such as yoga, Pilates and use of pedometers that are appropriate for the participants' level of fitness. Course content will include laboratory sessions based on nutritional and fitness concepts, fitness assessment, motivation and self-esteem. In addition to setting and working toward personal fitness goals, students will have opportunities to practice positive social skills as they gain an understanding of how a wellness lifestyle affects the quality of life.
Length: Semester	
Prerequisites: None	
Repeatable for additional credits: Unlimited	

Learning Outcomes At a Glance

QUARTER 1	QUARTER 2
Assess current personal fitness levels and set goals.	Know the muscular strength F.I.T.T. principle and its application.
Assess body composition in terms of fitness values.	Know the muscular endurance F.I.T.T. principle and its application.
Establish personal fitness levels and goals to achieve or maintain a healthy level of fitness.	Know the flexibility F.I.T.T. principle and its application.
Identify the major muscle groups and their application to body composition.	Know the stress management F.I.T.T. principle and its application.
Know the cardiorespiratory endurance F.I.T.T. principle and its application.	Demonstrate an understanding of health-related fitness components: cardiorespiratory endurance, muscular strength, muscular endurance, flexibility, body composition and stress management.
Describe the relationship of nutrition to fitness and the body composition.	Demonstrate an understanding of health problems associated with inadequate fitness levels.
Demonstrate and understanding of sound nutritional practices as related to health and physical performance.	Improve personal fitness through participation in aerobic, muscular endurance and flexibility activities.
	Assess body composition in terms of fitness values.