

# Walk FITT

Course Code: PED 201

An understanding of fitness concepts and practices is essential for students. Teaching our student's good health and safety principles can lead to a life of healthy practices, resulting in more productive, active and successful lives. In this course students will demonstrate an understanding of cardiovascular and walking fitness and implement a personal fitness plan. Students are required to engage in walking 5 days a week and track their walking with a pedometer. Documenting their daily steps and using a pedometer is required.

## Course Outline:

There are two components of the class-

[1] Academic, informational/study	[2] Activity/"doing"
<ul style="list-style-type: none"><li>• Begin Here Unit</li><li>• Background: Family Medical History</li><li>• Cardio-Respiratory</li><li>• Nutrition</li></ul>	<ul style="list-style-type: none"><li>• Activity/walking Logs</li><li>• Nutrition Analysis</li><li>• Fitness planning and progress reflection.</li></ul>

## Course Objectives:

Students completing the course will meet the state standards as outlined in the Essential Academic Learning Requirements:

EALR 1: The student acquires the knowledge and skills necessary to maintain an active life: Movement, physical fitness, and nutrition.

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- 1.1.1 Applies complex motor skills and movement concepts to activities to enhance a physically active life.
- 1.1.5 Applies understanding of movement concepts.
- 1.2.1 Applies how to perform activities and tasks safely and appropriately.
- 1.2.2 Applies skills and strategies necessary for effective participation in physical activities.
- 1.3.2 Analyzes the progress of a personal fitness plan.
- 1.5.1 Analyzes the relationship of nutrition planning to physical performance and body composition.
- 1.5.2 Evaluates how nutritional requirements change.
- 1.5.3 Analyzes the effectiveness of various nutritional products.
- 1.5.4 Evaluates how healthy and unhealthy eating patterns impact the function of the body.

EALR 4: The student effectively analyzes personal information to develop individualized health and fitness plans.

**GLE**

4.1.1 Analyzes daily health and fitness habits.

4.2.1 Evaluates concepts of a health, fitness, and nutrition plan and monitoring system, based on life goals.

4.2.2 Understands barriers to physical activity and a healthy lifestyle.

**Assessment and Class Components:**

Students will be assessed on participation in discussions, personal readiness assignment, completion of nutrition log, and nutritional needs analysis, tests(2), learning reflections, physical assessments(3) and activity/walking logs (8).

**Materials:** All course materials have been approved for district use.

**Timelines & Methods for evaluating student progress:** Students are expected to log in daily and submit assignments on a weekly basis. Progress will be evaluated each month based progress towards assignment completion of assignments.

This course meets state and district graduation requirements in the area of Physical Education.

This course is a half-credit (0.5) semester course, based on 90 days of work, or 18 weeks. This .5 credit will contribute to the district requirement of 1.5 credits of Physical Education needed to graduate.

This course offers over 50 hours of PE instruction such that students will receive more than 100 hours for a year with the online PE Curriculum.

Weekly contact will be conducted through a submitted assignment with instructor feedback. Students who do not submit an assignment are expected to email or call his/her instructor.

Each student is expected to spend a minimum of five hours per week on this course. Additional hours may be necessary to complete the course successfully.

**Beginning & end date see the assignment list in the grade book.**