

Lifetime Fitness

Course Code: PED 202

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 the five components of fitness and implement a personal fitness plan. Students are required to engage in an activity of their choice 5 days a week for an hour each day and journals documenting their daily activity are required.

Course Outline:

There are two components of the class-

[1] Academic, informational/study	[2] Activity/"doing"
<ul style="list-style-type: none">• Required Intro Unit• Background: Family Medical History• Muscles• Flexibility• FITT Principle & Areas of Health/Skill Related fitness• Fitness Planning	<ul style="list-style-type: none">• Triathlon group activity• Activity/Exercise Logs• Fitness Planning and reflecting• Fitness Assessments<ul style="list-style-type: none">○ pre-test○ mid-term○ final assessment

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.

1.2.4 Analyzes safety and the importance of fitness in the work environment.

- 1.3.1 Analyzes the components of health-related fitness.
- 1.3.2 Analyzes the progress of a personal fitness plan.
- 1.4.1 Applies the components of skill-related fitness to physical activity.
- 1.4.2 Analyzes components of skill-related fitness as related to careers/occupations/recreation.

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

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- 4.1.1 Analyzes daily health and fitness habits.
- 4.1.2 Analyzes career opportunities in health and fitness.
- 4.2.1 Evaluates concepts of a health, fitness, and nutrition plan and monitoring system, based on life and employment 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 tests(1), learning reflections, physical assessments(3) and activity logs (8) and group project.

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.