

PE064O/ PE Fitness Syllabus

Course Title-----	PE Fitness
Course Number-----	PE064O
Grades:-----	07-07
High School Credit Value:-----	0
Prerequisites:-----	<p>Course expectations include: The student acquires the knowledge and skills necessary to maintain an active life: movement, physical fitness, and nutrition. Safely participates in a variety of developmentally appropriate physical activities. Understand the concepts of health-related physical fitness and develop and monitor progress on personal fitness goals. Understand the relationship of nutrition and food nutrients to physical performance and body composition. Develop fundamental and complex movement skills, as developmentally appropriate. The student effectively analyzes health and safety information to develop health and fitness plans based on life goals. Analyze health and safety information. Develop a health and fitness plan and a monitoring system.</p>
Course Length:-----	<p>Regular courses: 17 weeks CR: 9-17 weeks.</p>
Course Time:-----	<p>Regular courses: 17 week schedule: 75 - 90 minutes per school day (6-7.5 hours per week) Credit Retrieval: 75 - 90 minutes per school day (6-7.5 hours per week) until course completion.</p>

{ Course Description }

Welcome to Welcome to Fitness! In this class, the students will learn basic fitness concepts and will carry out their own activity plan. Themes include wellness and fitness, nutrition, exercise, and first aid. Course work will consist of reading lessons, examples, and information, then applying what the student has learned to assignments and activities.

Students will learn about themselves, their bodies, how to exercise safely and correctly, and important facts and data about how exercise and a healthy life style can improve well being. Students will also learn more about goal setting and the importance of a healthy lifestyle.

Part 2 of the class will consist of activities with the game of bowling. Students will learn more about math, geometry, and practices of this game.

Course Materials:

The only required materials are a computer and e-mail. Knowledge of how to use the Internet and e-mail are helpful. Edit

State Alignments

Washington State Standards guided the design of the course. Learning expectations are found within the course itself.

7th Grade Health & Fitness Standards

STANDARD - 1 Demonstrates fundamental motor skills and complex motor skills that contribute to movement proficiency.

STANDARD - 2 Understands safety rules and procedures in a variety of physical activities: Individual, dual/team, and lifetime activities.

STANDARD - 3 Applies skills and strategies necessary for effective participation in physical activities.

STANDARD - 4 Understands the components of health-related fitness.

STANDARD - 5 Analyzes daily health and fitness habits. Analyzes individual health behaviors (e.g., diet, sleep, activity, fitness, and hydration). Sets and charts goals for daily health and fitness behavior changes.

STANDARD - 6 Creates a personal health and fitness plan based on health-related standards.

STANDARD - 7 Analyzes the dimensions of health and relates to personal health behaviors.

STANDARD - 8 Understands relationship of nutrition and food nutrients to body composition and physical performance.

STANDARD - 9 Understands issues and risks related to drug use and abuse.

STANDARD - 10 Understands factors and prevention related to communicable and non-communicable diseases.

Course Outline

Part 1 - consists of 9 units plus a final culminating project. - (9 weeks to complete)

Part 2 - consists of 9 units plus a final culminating project. - (8 weeks to complete)

Each lesson should take about one week to complete as the student works one hour per day in the material.

Units:

• PART 1

- **Unit 1** - Wellness Concept - (complete 1st week)
- **Unit 2** - Components of Fitness - (complete 2nd week)
- **Unit 3** - Present Levels of Fitness - (complete 3rd week)
- **Unit 4** - Nutrition and Diet - (complete 4th week)
- **Unit 5** - Exercising - (complete 5th week)
- **Unit 6** - First Aid Basics - (complete 6th week)
- **Unit 7** - Personal Fitness Plan (PFP) - (complete 7th week)
- **Unit 8** - Scheduling, Planning, and Journaling - (complete 8th week)
- **Unit 9** - Activating Your PFP - (complete 9th week)

• PART 2

- **Unit 10** - Introduction to Bowling - (complete by week 10)
- **Unit 11** - Preparing to Bowl - (complete by week 11)
- **Unit 12** - Rules and Regulations of the Game - (complete by week 12)
- **Unit 13** - The "How To's" of Bowling - (complete by week 13)
- **Unit 14** - Strategies in the Lanes - (complete by week 14)
- **Unit 15** - Time to Bowl! - (complete by week 15)
- **Unit 16** - Bowling Wrap-up - (complete by week 16)

Course Work

Course work will consist of reading lessons, examples, and information then applying what student has learned to assignments and activities.

Students earn credit for the class by following the course outline and submitting projects, activities, and assignments. It is expected students work 60 minutes daily in this course work and submit lessons throughout the week.

Students will learn about themselves, their body, how to exercise safely and correctly, and important facts and data about how exercise and a healthy life style can improve well being.

Part 2 will consist of an activity in which students will learn math, geometry, and expectations for an activity such as bowling.

Grading

Lesson assignments will be graded using the following criteria:

- Use of proper capitalization, punctuation, and spelling.
- Use of complete sentences.
- Neatness and organization of work.
- Effort placed into completing the work.
- Accuracy of information in answers.

Any weekly email assignments will be graded using the following criteria:

- Use of proper capitalization, punctuation, and spelling.
- Use of complete sentences.
- Neatness and organization of work.
- Effort placed into the work.
- Accuracy of information in answers.
- Work is completed and turned in within the assigned time allotted.

Projects will be graded using the following criteria:

- Use of proper capitalization, punctuation, and spelling.
- Use of complete sentences.
- Neatness and organization of work.
- Effort placed into the work.
- Accuracy of information in answers.

Work turned in must meet minimum passing requirements, if the work does not meet these requirements the work will be returned to the student to continue working on it until it meets standards.

Occupational Credit:

This course may qualify for *occupational credit. Please consult your school counselor for further clarification.

*Please note that FLA901 (Sign Language) does not qualify for occupational credit.