

PE3700/ Fitness Fundamentals 1 Syllabus

Course Title----- Fitness Fundamentals 1
Course Number----- PE3700
Grades:----- 09-12
High School Credit Value:----- 0.5
Prerequisites:-----

Course Length:----- Regular courses: 17 weeks
CR: 9-17 weeks.

Course Time:----- 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.

{ Course Description }

This course is designed to provide students with the basic skills and information needed to begin a personalized exercise program and maintain an active and healthy lifestyle. Students participate in pre- and post fitness assessments in which they measure and analyze their own levels of fitness based on the five components of physical fitness: muscular strength, endurance, cardiovascular fitness, flexibility, and body composition. In this course, students research the benefits of physical activity, as well as the techniques, principles, and guidelines of exercise to keep them safe and healthy. Throughout this course students participate in a weekly fitness program involving elements of cardio, strength, and flexibility.

- This course is a prerequisite to other courses in the PE Fitness Suite. After completing FF1, additional courses in the suite may be taken in any order.
- This course is available in an 8-week format that is ideal for summer sessions.

Course Materials:

Microphone & Headset for Online Meetings.

State Alignments

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

2013 Washington State Power Standards

PS 1 Demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities.

PS 2 Demonstrate understanding of movement concepts, principles/rules and strategies as they apply to the learning and performance of physical activities.

PS 3 Participate regularly in physical activity.

PS 4 Meets the age and gender specific health related fitness standards on the five health related fitness components (Cardiorespiratory Endurance, Muscular Strength, Muscular Endurance, Flexibility, and Composition) as defined by national guidelines.

PS 5 Exhibits responsible personal and social behavior that respects self and others safely.

PS 6 Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

PS 7 Analyzes the progress of their personal health and fitness program, utilizing the five health related fitness components, to set personal goals.

PS 8 Acquires the knowledge necessary to maintain an active life.

Course Outline

This course is divided into the following Units and Sections.

Unit 1: Fitness Assessment

1.1 Fitness Assessment

1.2 Fitness Analysis & Goals

Unit 2: Know Before You Go

2.1 Getting Started

2.2 Warm-Up/Cool Down

2.3 Posture & Technique

Unit 3: What is Fitness?

3.1 What is Fitness?

3.2 Exercise Benefits

3.3 Safety & Injury Prevention

Unit 4: Principles of Fitness

4.1 Components of Fitness

4.2 FITT Principles

4.3 Heart Rate & Intensity

Unit 5: Diet & Substances

5.1 Nutrition

5.2 Weight Management

5.3 Drugs & Fitness

Unit 6: Post Assessment

6.1 Post Assessment

Course Work

Within each section you will find the following tasks to view or complete:

1. Game Plan—an outline of tasks for that section
2. Lesson—multimedia lessons about fitness topics
3. Sprint—links to credible sites with additional fitness information
4. Team Huddle*—class discussion on an assigned topic
5. Assignment*—section assignment
6. Quiz*—test your comprehension and understanding of the lessons
7. Fitness Log*—a record of your workout sessions for each week

Exercise Requirements

1. You are required to have 12 weeks of physical activity for this course.
2. Your weekly workouts must equal at least 3 hours of physical activity accumulated over at least three days of the week.

Each week's workouts must include elements of cardio, strength, and flexibility training as outlined below.

CARDIO • Minimum of 90 minutes of cardio per week • Specify which cardio activities • Cardio workouts, ideally, can be done every day of the week • A cardio workout means that your heart rate is elevated within your target zone (approximately 135-180 bpm).

STRENGTH • Minimum of 30 minutes of strength training per week • Specify which muscles worked and with what equipment • You should work every major muscle or muscle group at least once during the week • Remember, when strength training you should allow your muscles to rest for at least 48 hours before working the same muscles again • If you want to strength train every day, alternate upper body one day and lower body the next.

FLEXIBILITY • Minimum of 5-10 minutes of stretching at the end of every cardio or strength training workout • Other optional flexibility workouts such as yoga or Pilates can be included as well.

Students will be allowed to retake quizzes, assignments and fitness logs upon request.

Grading

Assignments and Grading

Each section of this course is designed to be completed in about one week's time. Please see the detailed schedule for more information on points possible and due dates.

*Only 12 Weekly Fitness Logs are required throughout the semester. Optional days to submit a weekly log are included for make-up (in case of missed weeks).

**Parent verification of the Weekly Fitness Logs is required every four weeks. You will not receive additional points for the parent verification. However, you will LOSE points for your fitness logs if the parent verification is not submitted.

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.

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