

PE371O/ Fitness Fundamentals 2 Syllabus

Course Title-----	Fitness Fundamentals 2
Course Number-----	PE371O
Grades:-----	09-12
High School Credit Value:-----	0.5
Prerequisites:-----	PED301 - Fitness Fundamentals 1, is required to have been successfully completed prior to taking this course.
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 takes a more in-depth look at the five components of physical fitness touched on in Fitness Fundamentals I: muscular strength, endurance, cardiovascular health, flexibility, and body composition. This course allows students to discover new interests as they experiment with a variety of exercises in a non-competitive atmosphere. By targeting different areas of fitness, students increase their understanding of health habits and practices and improve their overall fitness level. Students take a pre- and post fitness assessment. Throughout this course students also participate in a weekly fitness program involving elements of cardio, strength, and flexibility.

- Fitness Fundamentals I is a recommended prerequisite for this course.

Course Materials:

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

Topics of Study Include:

Unit 1 Fitness Assessment

Unit 2 Exercise Programming

Unit 3 Cardiovascular Training

Unit 4 Strength Training

Unit 5 Flexibility Training

Unit 6 Nutrition

Unit 7 Post Assessment

Course Work

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

1. Game Plan - an outline of tasks for that section
2. Lesson - multimedia online lesson(s) about the section topic
3. Sprint - links to other online sites with additional fitness information
4. **Team Huddle*** - class discussion on an assigned topic
5. **Assignment*** - section assignment
6. **Quiz*** - section assessment
7. **Fitness Log*** - a record of your workout sessions for each week.

* Grades are based on Team Huddle (5pts), Assignment (20pts), Quiz (20pts), Fitness Log (45pts).

Students are permitted to redo assignments, quizzes 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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