

PE374O/ Indep. Personal Fitness Syllabus

Course Title-----	Indep. Personal Fitness
Course Number-----	PE374O
Grades:-----	09-12
High School Credit Value:-----	0.5
Prerequisites:-----	This contract is available for students already taking full time course work through IA.
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 }

Full time IA students may opt to complete this Fitness Contract to earn .5 PE credit. The contract is completed independently with adult supervision of a parent/guardian, coach, or mentor. The student engages in:

- assessing current physical condition,
- researching fitness and nutrition information,
- setting goals,
- designing and completing a Personal Fitness Program of exercise, nutrition, and activities, and
- evaluating and reflecting on progress.

Submitting a final portfolio documenting a minimum of 90 hours of activities and learning and requesting .5 credit completes the contract, but doesn't complete the fitness! Stay fit!

This course helps meet the state minimum requirements of 2.0 Health and Fitness credits. Please check with your district for more specific requirements.

Course Materials:

Any materials used in fitness assessments or activities are provided by the student and family, for example, access to a track is needed for the beginning assessment. Materials will depend on the student's choice of activities to fulfill their Personal Fitness Plan.

State Alignments

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

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

1.1 Develop fundamental and complex movement skills, as developmentally appropriate.

1.2 Safely participates in a variety of developmentally appropriate physical activities.

1.3 Understand the concepts of health related physical fitness, and develop and monitor progress on personal fitness goals.

1.3.1 Understand and identify health related fitness concepts of cardio-respiratory fitness, muscular strength and endurance, body composition, and flexibility, in setting individual fitness goals

1.3.2 Analyze progress of a personal fitness plan

1.3.3 Develop and utilize various monitoring systems that assess the components of fitness training principles (FITT - frequency, intensity, time, type) and phases of the workout - warmup, workout, cool-down)

1.4 Understand the relationship of nutrition and food nutrients to physical performance and body composition.

1.4.1 Develop and monitor progress on personal nutritional goals, based on national dietary guidelines and individual needs

1.4.2 Understand the relationship of physical performance and body composition, evaluate individual needs based on national dietary guidelines

1.4.3 Understand nutritional requirements change, for example, active vs inactive, weight control, health factors.

Course Outline

Contract Flow:

During the first two weeks, the student will assess current physical condition, research fitness and nutrition information, share information with a parent/guardian and obtain permission to participate in physical activities, set fitness goals and design a Personal Fitness Plan. Documents for recording contract requirements are set up in the student's FirstClass email program. The student communicates with IA's Principal or designee twice - to request approval of the PFP and upon completion, to submit a Fitness Portfolio documenting 90 hours activities and requesting credit for the contract.

Contract Outline:

Get Started (Week 1)

- Welcome and Contract Requirements
- Contract Schedule
- Documentation Process
- Parent Support and Permission

Get Smart (Weeks 1 & 2)

- Assess Current Condition
- Explore and Learn

- Set Goals
- Design Personal Fitness Plan

Get Approved (Week 2)

Get Fit (Weeks 3 through 17)

- PFP Activities
- Progress Assessments
- Evaluate and Reflect

Get Credit (Week 17)

And now . . . Stay Fit!!

Course Work

Contract includes both brain and body learning as the student gathers information regarding fitness and nutritional components, to help design an individual plan to meet individual goals. Activities may range from exercises to build cardiovascular system, muscle strength and endurance, and flexibility, to individual sports such as running, walking, swimming, biking, aerobics, martial arts, yoga, weight lifting, dance, or team sports, such as hockey, soccer, etc. Once the student combines fitness knowledge and personal goals, the PFP carries out the specifics of reaching the goals. This physical activity is the main part of the contract, with research and documentation taking a fraction of the time. The student's coach/mentor agrees to be available for advice, guidance, coaching, and monitoring progress toward goals. The student documents activities, assessments, evaluations toward a final portfolio which is submitted for review and, if complete, .5 PE credit.

Grading

This is a PASS / NO PASS contract. Successful completion of the contract requirements results in a grade of PASS, and .5 credit.

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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