

School District of Springfield Township

Springfield Township High School Course Overview

Course Name: Fitness for Life

Course Description

Fitness for Life helps students to further their knowledge of lifetime fitness by assessing each of the health related fitness components, interpreting the results, and setting personal fitness goals for each component that are specific, attainable and measurable. Students engage in a variety of activities and evaluate them in terms of fitness maintenance and development. This course incorporates various equipment and fitness strategies, including heart rate monitors, plyometrics, resistance bands, as well as the use of the fitness center and swimming pool.

Course Prerequisites

Physical Education 9/10

Unit Titles

Unit One: Components of Health Related Fitness

Unit Two: Weight Training Concepts

Unit Three: Cardiovascular Fitness

Unit Four: Measurement and Evaluation of Individual Fitness

Unit Five: Setting Goals and Developing a Personal Fitness Plan

Essential Questions

1. How does maintaining a healthy lifestyle impact your life and the lives of those around you?
2. How can fitness be measured and maintained?
3. How does physical fitness enhance well-being (social, emotional, mental and physical health)?

Big Ideas/Enduring Understandings

- Taking responsibility for one's own health is an essential step towards developing and maintaining a healthy, active lifestyle.
- It is important to set personal fitness goals and to know how to design and implement a personal fitness plan that supports a healthy, active lifestyle.
- Physical activity provides opportunities for personal enjoyment, challenge, self expression and social interaction.

Key Competencies/Skills/Procedures

Unit 1: Components of Fitness

- Describe the benefits of participating in a regular personal fitness program
- Explain the relationship between exercise and longevity

- Describe the benefits of physical activity for stress reduction
- Compare and differentiate health-related and skill-related fitness
- Identify and describe each of the health-related components of fitness
- Describe the importance of a warm up and cool down period when participating in physical activity
- Explain the importance of flexibility for injury prevention and safe practice for physical activity
- Identify and demonstrate stretching exercises that promote flexibility
- Describe the relationship between physical fitness and sound nutritional practices

Unit 2: Weight Training Concepts

- Explain the difference between muscular strength and endurance
- Describe the training principals of overload, progression and specificity
- Describe the training principals of frequency, intensity and time
- Demonstrate appropriate techniques for the use of machine and free weights
- Compare advantages and disadvantages of machine and free weight training
- Identify safety considerations for lifting weights
- Demonstrate proper techniques for spotting
- Explain the benefits of plyometric training

Unit 3: Cardiovascular Fitness

- Explain the relationship between resting heart rate and fitness
- Determine training heart range
- Identify and demonstrate various aerobic activities that promote cardiovascular fitness

Unit 4: Measurement and Evaluation of Individual Fitness

- Describe and demonstrate methods for measuring flexibility
- Describe and demonstrate methods for measuring cardiovascular fitness
- Describe and demonstrate methods for measuring muscular strength and endurance
- Describe methods for measuring percent of body fat
- Define ideal body weight
- Describe and interpret the results of fitness level testing
- Demonstrate improvement in the health-related components of physical fitness as measured by the AAPHERD Physical Fitness Test

Unit 5: Setting Goals and Developing a Personal Fitness Plan

- Set personal fitness goals for each of the health-related fitness components that are specific, measurable, attainable, realistic and timely
- Design and implement a personal fitness program that will lead to or maintain optimal levels of health-related fitness

Core Vocabulary for all units

health-related fitness, wellness, cardiovascular endurance, flexibility, muscular strength, muscular endurance, body composition, warm up, work out, cool down, stretching, lactic acid, training heart range, interval training, resting heart rate, circuit training, fitness profile,

aerobic, anaerobic, isotonic, isometric, isokinetic, overload, progression, specificity, frequency, intensity, duration, repetitions, resistance bands, plyometrics

Pennsylvania State Standards Guiding Course

10.3.12-D. Evaluate the benefits, risks, and safety factors associated with self-selected life-long physical activities.

10.4.12-A. Evaluate and engage in an individualized physical activity plan that supports achievement of personal fitness and activity goals and promotes life-long participation.

10.4.12-B. Analyze the effects of regular participation in a self-selected program of moderate to vigorous physical activities.

10.4.12-D. Evaluate factors that affect physical activity and exercise preferences of adults.

10.4.12-E. Analyze the interrelationships among regular participation in physical activity, motor skill improvement and the selection and engagement in lifetime physical activities.

10.4.12-F. Assess and use strategies for enhancing adult group interaction in physical activities.

10.5.12-A. Apply knowledge of movement skills, skill-related fitness and movement concepts to identify and evaluate physical activities that promote personal lifelong participation.

10.5.12-B. Incorporate and synthesize knowledge of motor skill development concepts to improve the quality of motor skills.

10.5.12-C. Evaluate the impact of practice strategies on skill development and improvement.

Prepared October 2010—SC

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