

PERSONAL AND LIFETIME FITNESS

Course Length: Semester

Credit: ½

Instructors: Mrs. Butalla & Mrs. Skemp

Course Description:

The objective of this course is to meet the needs and interests of students desiring a class with strong emphasis on personal wellness and fitness. This will also help the student to learn and promote lifetime fitness skills, which would enable them to live a healthier lifestyle. This course will consist of personal fitness activities, along with weight training and conditioning. Units throughout the semester will include Taebo, Kickboxing, Pilates, Yoga, Plyometrics/CrossFit, Track Workouts, P90X, 21 Day Fix, CIZE, etc.

As a result of completing the Personal and Lifetime Fitness course, the student should be able to:

- PLF.01. Have knowledge of the following components of health-related fitness: flexibility, muscle strength, muscle endurance, aerobic capacity, and body composition.
- PLF.02. Develop an understanding and a willingness to participate in a variety of different activities designed to enhance their overall wellness.
- PLF.03. Have knowledge of the FITT Principle (Frequency, Intensity, Time, and Type) and how to apply each component in a personal workout program.
- PLF.04. Be able to calculate target heart rate and determine appropriate activities to reach their individual target heart rate zone.
- PLF.05. Use fitness assessment results to set personal goals.
- PLF.06. Through various activities, students will develop knowledge of the skills necessary to promote and live a healthy lifestyle.

General Requirements:

1. Proper workout attire is required every day.
 - a. **Students may not wear the same clothes for class that they wore to school that day. Athletic shoes must lace up properly.**
2. Be sure to lock up all personal items at all times. (Even during class time)
3. Use equipment properly and practice safety at all times.
4. Display good sportsmanship at all times. (Proper language and behavior included.)
5. Be respectful of all individuals in class.
6. Students will be required to purchase a 3-ring binder/folder and a notebook (from instructor). This should be brought to class daily.
7. Students will need to have internet access.

Grading:

1. Each unit will be worth approximately 100 points.
 - a. Daily participation/Effort Grades ~ 10 points
 - b. Unit Worksheets ~ 10 points (Collected at the end of each unit)
 - c. Article Evaluations ~ 10-20 points (not included in every unit)
2. There will not be unit exams given throughout the semester in this course. We will complete fitness evaluations throughout the semester to measure whether you are improving and meeting your personal goals.
3. The Final Exam will consist of a written portion along with a physical component. Specific details will be given throughout the semester.