

# Lifetime Fitness

**Course Code:** PED101

An understanding of fitness concepts and practices is essential for students. Teaching our student's good health and safety principles can lead to a life of healthy practices, resulting in more productive, active and successful lives. In this course students will demonstrate an understanding of the five components of fitness and implement a personal fitness plan. Students are required to engage in an activity of their choice 5 days a week for an hour each day and journals documenting their daily activity are required.

## Course Outline:

There are two components of the class-

[1] Academic, informational/study	[2] Activity/"doing"
<ul style="list-style-type: none"><li>• Begin Here Unit</li><li>• Background: Family Medical History</li><li>• Cardio-Respiratory</li><li>• Muscles</li><li>• Nutrition</li><li>• Flexibility</li></ul>	<ul style="list-style-type: none"><li>• Activity/Exercise Logs</li><li>• Nutrition Analysis</li><li>• Fitness Assessments<ul style="list-style-type: none"><li>○ pre-test</li><li>○ mid-term</li><li>○ final assessment</li></ul></li></ul>

## Course Objectives:

Students completing the course will meet the state standards as outlined in the Essential Academic Learning Requirements:

- The student acquires the knowledge and skills necessary to maintain an active life: movement, physical fitness, and nutrition.
- The student effectively analyzes health and safety information to develop health and fitness plans based on life goals.

## Assessment and Class Components:

Students will be assessed on participation in discussions, personal readiness assignment, completion of nutrition logs (2), and nutritional needs analysis, tests(3), learning reflections, physical assessments(3) and activity logs (8).

**Materials:** All course materials have been approved for district use.

**Timelines & Methods for evaluating student progress:** Students are expected to log in daily and submit assignments on a weekly basis. Progress will be evaluated each month based on progress towards assignment completion of assignments.

This course meets state and district graduation requirements in the area of Physical Education.

This course is a half-credit (0.5) semester course, based on 90 days of work, or 18 weeks. This .5 credit will contribute to the district requirement of 1.5 credits of Physical Education needed to graduate.

Weekly contact will be conducted through a submitted assignment with instructor feedback. Students who do not submit an assignment are expected to email or call his/her instructor.

Each student is expected to spend a minimum of five hours per week on this course. Additional hours may be necessary to complete the course successfully.

**Beginning & end date see the assignment list in the gradebook.**