

**Course Name:** Lifetime Fitness

**Duration:**  1 Semester  Full Year

**Grade Level:**  9th  10th  11th  12th (check all that apply)

**Are there any prerequisites for the course?**

Intro to Fitness

**WHAT this course is about:**

In this required course, students will expand on the concepts and skills from Intro to Fitness. Students will refine activity specific skills, apply principles, and create strategies to improve performance. Leadership and best practices for creating a safe physical activity environment will be a theme throughout. Creating, implementing, monitoring, self-assessing, and modifying a personal fitness and nutrition plan is also a key part of this course. The fitness center and activity monitors will be used to assess progress towards fitness goals.

**WHY take this course:**

You will continue to learn and apply knowledge of concepts, principles, strategies, and tactics related to movement and performance, demonstrate knowledge and skills to achieve and maintain a health enhancing level of physical activity and fitness. You will exhibit responsible and personal social behavior and recognize the value of physical activity.

**WHAT you'll learn:**

Skills to achieve and maintain a Health enhancing level of physical fitness.  
You will also learn responsible personal and social behavior.  
You will recognize the value of physical activity  
You will learn how to set goals in relation to your current level of fitness  
Concepts of team games, rules, safety and enjoyment  
Understand benefits related to lifelong fitness  
Understand how to use the components of fitness to create a personal fitness plan

**WHAT you'll do:**

Students will analyze individual health behaviors along with their current level of fitness.  
Students will use Polar heart rate monitors to set and adjust individual fitness goals.  
Students will have the tools necessary to create and implement a personal health and fitness plan.

## **WHERE this could take you:**

Our fitness classes aim to teach you that fitness is a journey, not a destination. Our hope is that you recognize the importance of Fitness and understand its benefits long into adulthood.

## **OPTIONAL Course Outline (“scope and sequence”, sequence chart, etc.)**

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