

Course Title: Essentials of Personal Fitness

Board Approval Date: 06/16/14

Credit / Hours: .5

Course Description:

This course focuses on mastery of the PA Academic Standards for Health, Safety and Physical Education. Students will explore training, conditioning and nutritional concepts that can be employed to maintain personal fitness and prevent injury. This course is designed to provide the student with the necessary knowledge and skills that will prepare them to pursue a career as a Personal Trainer

Learning Activities / Modes of Assessment:

Large group instruction
Teacher Observation
Small group work
Jigsaw activities
Field trips and site visits

Tests and Quizzes
On-line activities and research
Projects with Rubrics
Practical Application Assessments

Instructional Resources:

Various videos
Web-based resources
Various iPad Applications
NSAC's Essentials of Fitness – ninth edition

Course Pacing Guide

Course: **Essentials of Personal Fitness**

Course Unit (Topic)	Length of Instruction (Days/Periods)
1. Fitness Facility-Equipment Layout and Maintenance	12 days
2. Exercise Psychology and Motivation	18 days
3. Plyometric Training	25 days
4. General Guidelines for Participation in Exercise Programs	27 days
DAYS TOTAL	82 Days

Know: Topic: Exercise Psychology and Motivation	Understand:	Do:	Days: 18
<p data-bbox="74 346 451 378">Subj: 10.4.12.D – Important</p> <p data-bbox="74 378 451 525">Evaluate factors that affect physical activity and exercise preferences of adults.</p> <ul data-bbox="74 525 451 798" style="list-style-type: none"> • personal challenge • physical benefits • finances • motivation • access to activity • self-improvement <p data-bbox="74 798 451 1155">10.4.12.E – Essential Analyze the interrelationships among regular participation in physical activity, motor skill improvement and the selection and engagement in lifetime physical activities.</p>	<p data-bbox="451 346 812 378">The psychological benefits of exercise, goal setting and the value of motivation.</p>	<p data-bbox="812 346 1560 378">10.4.12.D – Important</p> <p data-bbox="812 378 1560 462">Evaluate factors that affect physical activity and exercise preferences of adults.</p> <ul data-bbox="812 462 1560 714" style="list-style-type: none"> • personal challenge • physical benefits • finances • motivation • access to activity • self-improvement <p data-bbox="812 714 1560 903">10.4.12.E – Essential Analyze the interrelationships among regular participation in physical activity, motor skill improvement and the selection and engagement in lifetime physical activities.</p> <p data-bbox="812 903 1560 1155">10.4.12.A – Essential Evaluate and engage in an individualized physical activity plan that supports achievement of personal fitness and activity goals and promotes life-long participation.</p>	<p data-bbox="1560 346 1560 378">11th, 12th</p>

Topic: Fitness Facility-Equipment Layout and Maintenance

Days: 12

Subject(s): Physical Education, Other

Grade(s): 11th, 12th

Know:

Understand:

Do:

10.4.12.F – Important

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

- shared responsibility
- open communication
- goal setting

10.3.12.A – Compact

Assess the personal and legal consequences of unsafe practices in the home, school or community.

- loss of personal freedom
- personal injury
- loss of income
- impact on others
- loss of motor vehicle operator's license

10.2.12.E – Compact

Analyze the interrelationship between environmental factors and community health.

- public health policies and laws/health promotion and disease prevention
- individual choices/maintenance of environment
- recreational opportunities/health status

Know the guidelines used to select, organize and space fitness equipment in various fitness facilities

10.4.12.F – Important

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

- shared responsibility
- open communication
- goal setting

10.3.12.A – Compact

Assess the personal and legal consequences of unsafe practices in the home, school or community.

- loss of personal freedom
- personal injury
- loss of income
- impact on others
- loss of motor vehicle operator's license

Use formulas to determine proper equipment spacing requirements.

Develop plans for proper spacing and area designation for specific equipment

Topic: Fitness Facility-Equipment Layout and Maintenance

Days: 12

Subject(s): Physical Education, Other

Grade(s): 11th, 12th

Know:

Understand:

Do:

Equipment placement guidelines		
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Topic: General Guidelines for Participation in Exercise Programs

Days: 27

Subject(s):

Grade(s):

Know:

Understand:

Do:

<p>10.3.12.D – Important Evaluate the benefits, risks and safety factors associated with self-selected life-long physical activities.</p> <p>10.3.12.D – Essential Evaluate the benefits, risks and safety factors associated with self-selected life-long physical activities.</p> <p>10.5.12.D – Essential Incorporate and synthesize knowledge of exercise principles, training principles and health and skill-related fitness components to create a fitness program for personal use.</p> <p>10.4.12.C – Important Evaluate how changes in adult health status may affect the responses of the body systems during moderate to vigorous physical activity.</p> <ul style="list-style-type: none"> • aging • injury • disease 	<p>The benefits of participating in a general flexibility, resistance training and cardiovascular exercises.</p>	<p>10.3.12.D – Important Evaluate the benefits, risks and safety factors associated with self-selected life-long physical activities.</p> <p>10.3.12.D – Essential Evaluate the benefits, risks and safety factors associated with self-selected life-long physical activities.</p> <p>10.5.12.A – Essential Apply knowledge of movement skills, skill-related fitness and movement concepts to identify and evaluate physical activities that promote personal lifelong participation.</p> <p>10.5.12.D – Essential Incorporate and synthesize knowledge of exercise principles, training principles and health and skill-related fitness components to create a fitness program for personal use.</p> <p>10.4.12.A – Essential Evaluate and engage in an individualized physical activity plan that supports achievement of personal fitness and activity goals and promotes life-long participation.</p> <p>10.4.12.C – Important Evaluate how changes in adult health status may affect the responses of the body systems during moderate to vigorous physical activity.</p> <ul style="list-style-type: none"> • aging • injury • disease
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Topic: Plyometric Training

Days: 25

Subject(s): Other

Grade(s): 11th, 12th

Know:

Understand:

Do:

<div data-bbox="131 342 415 653" style="background-color: #e0f2f1; padding: 5px;"> <p>10.4.12.E – Essential Analyze the interrelationships among regular participation in physical activity, motor skill improvement and the selection and engagement in lifetime physical activities.</p> </div> <div data-bbox="131 663 415 1115" style="background-color: #fff9c4; padding: 5px; margin-top: 10px;"> <p>10.4.12.D – Important Evaluate factors that affect physical activity and exercise preferences of adults.</p> <ul style="list-style-type: none"> • personal challenge • physical benefits • finances • motivation • access to activity • self-improvement </div> <div data-bbox="131 1125 415 1499" style="background-color: #fff9c4; padding: 5px; margin-top: 10px;"> <p>10.4.12.B – Important Analyze the effects of regular participation in a self-selected program of moderate to vigorous physical activities.</p> <ul style="list-style-type: none"> • social • physiological • psychological </div>	<div data-bbox="483 336 797 510"> <p>The different roles of plyometric and speed training as they are used to improve sport performance.</p> </div>	<div data-bbox="850 342 1455 537" style="background-color: #e0f2f1; padding: 5px;"> <p>10.4.12.E – Essential Analyze the interrelationships among regular participation in physical activity, motor skill improvement and the selection and engagement in lifetime physical activities.</p> </div> <div data-bbox="850 548 1455 911" style="background-color: #fff9c4; padding: 5px; margin-top: 10px;"> <p>10.4.12.D – Important Evaluate factors that affect physical activity and exercise preferences of adults.</p> <ul style="list-style-type: none"> • personal challenge • physical benefits • finances • motivation • access to activity • self-improvement </div>
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