



Course Outline: Personal Fitness

Purpose: The purpose of this course is to provide students with the knowledge skills, and values they need to become healthy and physically active for a lifetime. This course addresses both the health and skill-related components of physical fitness which are critical for students' success.

Standards: Personal Fitness CPALMS Standards

Length: 18 Week Course

Textbook Resources (Optional): Fitness for Life 7th Edition – Human Kinetics (State Approved)

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Week s	Unit	Lesson Concept (From <u>Fitness for Life</u>)	Standards Addressed	Notes/Resou rces
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1-2	<p>Introduction to class</p> <p>Unit 1: Building a Foundation</p>	<p>Physical Education Components: Wellness, intro to HR/SR Fitness, warm up, fitness challenges, literacy, scientific method, fitness assessments</p> <p>Health Education Components: Health literacy, physical determinants, lifestyle choices, intro to SEL</p> <p><i>Fitness for Life (If available)</i></p> <p>Chapter 1: Fitness, Health, and Wellness for All</p> <ul style="list-style-type: none"> Self-Assessment: Physical Fitness Challenges <p>Lesson 1.1 – Lifelong Fitness, Health, and Wellness</p> <p>Lesson 1.2 – Developing Health and Physical Literacy</p> <ul style="list-style-type: none"> <i>Taking Charge: Communication</i> Self-Management: Skills for Effective Communication Taking Action: The Warm-Up <p>Chapter 2: Physical Activity and Healthy Lifestyles for All</p> <p>Lesson 2.1 – Adopting Healthy Lifestyles</p>	<p>PE.912.L.3.1 PE.912.L.3.2 PE.912.L.3.6 PE.912.L.4.2 PE.912.L.4.6 PE.912.M.1.15 PE.912.M.1.19 PE.912.M.1.34 PE.912.M.1.35 PE.912.M.1.5 PE.912.R.6.2 PE.912.P.7.2</p> <p>HE.912.B.6.4 HE.912.C.1.3</p> <p>MA.K12.MTR.1.1 ELA.K12.EE.2.1 ELA.K12.EE.3.1</p>	<p><i>Fitness for Life 7th Edition (Optional) Chapters 1, 2</i></p> <p><i>BCPS PE/HE Canvas Resources</i></p>
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3-4	Unit 2: Safe and Smart Health-Enhancing Physical Activity	<p>Physical Education Components: Goal Setting, medical readiness, injury prevention, health related illness, fitness assessments</p> <p>Health Education Components: SMART Goals</p> <p><i>Fitness for Life (If available)</i></p> <p>Chapter 3: Goal Setting and Program Planning</p> <p>Lesson 3.1 – Goal Setting</p> <ul style="list-style-type: none"> • Self-Assessment: Assessing Muscle Fitness <p>Lesson 3.2 Program Planning</p> <ul style="list-style-type: none"> • Taking Charge: Setting Goals • Self-Management: Skills for Setting Goals • Taking Action: Exercise Circuits <p>Chapter 4: Safe and Smart Physical Activity</p> <p>Lesson 4.1 – Readiness for Physical Activity</p>	<p>PE.912.L.3.2 PE.912.L.3.6 PE.912.L.4.1 PE.912.L.4.2 PE.912.L.4.3 PE.912.L.4.4 PE.912.M.1.5 PE.912.R.5.2 PE.912.R.5.3 PE.912.R.5.5</p> <p>HE.912.C.1.4 HE.912.C.2.2 HE.912.C.2.5</p>	<p><i>Fitness for Life</i> 7th Edition (Optional)</p> <p>Canvas PE/HE Resources</p>

		<ul style="list-style-type: none"> • Self-Assessment: Body Composition and Flexibility <p>Lesson 4.2 Safe and Injury-Free Physical Activity</p> <ul style="list-style-type: none"> • Taking Charge: Overcoming Barriers • Self-Management: Skills for Overcoming Barriers • Taking Action: Safe Exercise Circuit <p>Chapter 5: Social Health and Wellness</p> <p>Benefits of Physical Activity</p> <p>Lesson 5.1 – Benefits of Social Interactions in Physical Activity</p> <ul style="list-style-type: none"> • Self-Assessment: Modifying Rules in Games <p>Lesson 5.2 – Health Benefits of Physical Activity</p> <ul style="list-style-type: none"> • Taking Charge: Conflict Resolution • Self-Management: Skills for Conflict Resolution • Taking Action: Team Building 		
5-6	Unit 2: Safe and Smart Health-Enhancing Physical Activity	<p>Physical Education Components: MVPA, cooperations, benefits, principles of physical activity, styles and types of fitness, internal and external factors,</p>	<p>PE.912.C.2.15 PE.912.C.2.16</p>	<p><i>Fitness for Life</i> 7th Edition (Optional)</p>

	<p>Unit 3: Moderate and Vigorous Physical Activity</p>	<p>Health Education Components: character ed, leadership, benefits, disease prevention</p> <p><i>Fitness for Life (If available)</i></p> <p><i>Chapter 6: How Much is Enough?</i></p> <p><i>Lesson 6.1 – How much Physical Activity is Enough?</i></p> <ul style="list-style-type: none"> • Self-Assessment: PACER and Trunk Lift <p><i>Lesson 6.2 - How much Fitness is Enough</i></p> <ul style="list-style-type: none"> • Taking Charge: Learning to Self-Monitor • Self-Management: Skills for Self-Monitoring • Taking Action: Physical Activity Pyramid Circuit <p><i>Chapter 7: Moderate Physical Activity and Avoiding Sedentary Living</i></p> <p><i>Lesson 7.1 – Moderate Physical Activity Facts</i></p> <ul style="list-style-type: none"> • Self-Assessment: Walking Test <p><i>Lesson 7.2 – Preparing a Moderate Physical Activity Plan</i></p> <ul style="list-style-type: none"> • Taking Charge: Learning to Manage Time • Self-management: Skills for Managing Time • Taking Action: Performing your Moderate Physical Activity Plan 	<p>PE.912.C.2.17 PE.912.L.3.2 PE.912.L.3.6 PE.912.L.4.2 PE.912.L.4.5</p> <p>HE.912.R.1.1 HE.912.R.1.2 HE.912.R.1.3</p>	<p>Canvas PE/HE Resources</p>
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		<p>Chapter 9: Vigorous Physical Activity Lesson 9.1 – Vigorous Aerobics, Sports, and Recreation</p> <ul style="list-style-type: none"> • Self-Assessment: Assessing Jogging Techniques <p>Lesson 9.2 – Anaerobic Activities, Mixed Fitness Activities, and Vigorous Activity Planning</p>		
7-9	<p>Unit 4: Muscle Fitness, Flexibility, (and Cardiorespiratory)</p>	<p>Physical Education Components: MVPA, technology usage, cardiorespiratory endurance (benefits, biology, etc), aerobic capacity, heart rate, aerobics, fitness testing, FIT principles, flexibility, resistance training, flexibility</p> <p>Health Education Components: Benefits of physical activity (mental/physical), supplements and nutrients, PEDs,</p> <p><i>Fitness for Life (If available)</i> Chapter 8: Cardiorespiratory Endurance Lesson 8.1 – Cardiorespiratory Endurance Facts</p> <ul style="list-style-type: none"> • Self-Assessment: Step Test and One-Mile Run Test <p>Lesson 8.2 Building Cardiorespiratory Endurance</p>	<p>PE.912.C.2.15 PE.912.C.2.16 PE.912.C.2.17 PE.912.C.2.23 PE.912.L.3.2 PE.912.L.3.6 PE.912.L.4.6 PE.912.M.1.13 PE.912.M.1.14 PE.912.M.1.34 PE.912.R.6.2 PE.912.R.6.3</p>	<p><i>Fitness for Life 7th Edition (Optional)</i></p> <p><i>Canvas PE/HE Resources</i></p>

		<ul style="list-style-type: none"> • Taking Charge: Learning to Manage Time • Self-Management: Skills for managing Time • Taking Action: Performing your Moderate Physical Activity Plan <p>Chapter 10: Muscle Fitness Basics Lesson 10.1 – Muscle Fitness Facts</p> <ul style="list-style-type: none"> • Self-Assessment: Muscle Fitness Testing <p>Lesson 10.2 – Building Muscle Fitness</p> <ul style="list-style-type: none"> • Taking Charge: Preventing Relapse • Self-management: Skills for Preventing Relapse • Taking Action: Resistance Machine Exercises <p>Chapter 11: Muscle Fitness Applications Lesson 11.1 – Core Fitness, Posture, and Back Care</p> <ul style="list-style-type: none"> • Self-Assessment: Healthy Back Test <p>Lesson 11.2 Muscle Fitness Exercise Planning and Ergogenic Aids</p> <ul style="list-style-type: none"> • Taking Charge: Finding Social Support • Self-Management; Skills for Finding Social Support • Taking Action: Performing your Muscle Fitness Exercise Plan 		
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		<p>Chapter 12: Flexibility Lesson 12.1 – Flexibility Facts</p> <ul style="list-style-type: none"> • Self-Assessment: Arm, Leg, and Trunk Flexibility <p>Lesson 12.2 – Preparing a Flexibility Exercise Plan</p> <ul style="list-style-type: none"> • Taking Charge: Building Knowledge and Understanding • Self-Management: Skills for Building Knowledge and Understanding • Taking Action: Performing Your Flexibility Exercise Plan 		
10-12	<p>Unit 5: Skills, Skill-Related Fitness, Body Composition, and Program Planning</p> <p>Unit 7: Moving Through Life</p>	<p>Physical Education Components: Skill related fitness, sports strategy, fitness plan, active lifestyles, biomechanical principles</p> <p>Health Education Components: self-management skills,</p> <p><i>Fitness for Life (If available)</i> Chapter 13: Skill-Related Fitness, Skills, Tactics, and Strategy Lesson 13.1 – Skill Related Physical Fitness and Skills</p> <ul style="list-style-type: none"> • Self-Assessment: Assessing Skill-Related Physical Fitness <p>Lesson 13.2 – Strategy and Tactics</p>	<p>PE.912.C.2.22 PE.912.C.2.23 PE.912.L.3.2 PE.912.L.3.6 PE.912.M.1.5 PE.912.M.1.12 PE.912.M.1.14 PE.912.M.1.19 PE.912.M.1.34 PE.912.R.6.1</p>	<p><i>Fitness for Life 7th Edition (Optional)</i></p> <p>Canvas PE/HE Resources</p>

		<ul style="list-style-type: none"> • Taking Charge: Developing Tactics • Self-Management: Skills for Developing Tactics • Taking Action: Elastic Band Workout <p>Chapter 20: The Science of Active Living Lesson 20.1 – Moving your Body</p> <ul style="list-style-type: none"> • Self Assessment: Analyzing Basic Skills <p>Lesson 20.2 Moving Implements and Objects</p> <ul style="list-style-type: none"> • Taking Charge: Positive Self-Talk • Self-Management: Skills for Positive Self Talk • Taking Action: Applying Principles <p>Chapter 15: Planning and Maintaining Active Lifestyles Lesson 15.1 – Preparing a Comprehensive Physical Activity Plan</p> <ul style="list-style-type: none"> • Self-Assessment: Your personal Fitness Test Battery <p>Lesson 15.2 – Maintaining Active Lifestyles</p> <ul style="list-style-type: none"> • Taking Charge: Changing Attitudes • Self-Management: Skills for Building Positive Attitudes 	PE.912.R.6.2	
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		<ul style="list-style-type: none">• Taking Action: Performing your Physical Activity Plan <p>Chapter 21: Taking Advantage of Opportunities</p> <p>Lesson 21.1 – Active Living Opportunities</p> <ul style="list-style-type: none">• Self-Assessment: Opportunities for Physical Activity Participation Questionnaire <p>Lesson 21.2 – Physical Education and Career Opportunities</p> <ul style="list-style-type: none">• Taking Charge: Choosing Good Activities• Self-Management: Skills for Choosing Good Activities• Taking Action: taking Advantage of Opportunities		
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13-15	<p>Unit 5: Skills, Skill-Related Fitness, Body Composition, and Program Planning</p> <p>Unit 6: Living Well: Making Healthy Choices</p> <p>Unit 7: Moving Through Life</p>	<p>Physical Education Components: Body composition, anorexia, metabolism,</p> <p>Health Education Components: Nutrition, stress management, macro/micronutrients, my plate, making healthy choices, substance abuse, CPR, First Aid, consumer choices</p> <p><i>Fitness for Life (If available)</i></p> <p>Chapter 14: Body Composition and Energy Balance</p> <p>Lesson 14.1 – Body Composition Facts</p> <ul style="list-style-type: none"> • Self-Assessment: Body Measurements <p>Lesson 14.2 – Energy Balance</p> <ul style="list-style-type: none"> • Taking Charge: Improving Physical Self-Perception • Self-Management: Skills for Improving Physical Self-Perception • Taking Action: Elastic Band Workout <p>Chapter 16: Choosing Nutritious Food</p> <p>Lesson 16.1 – A healthy diet</p> <ul style="list-style-type: none"> • Self-Assessment: Energy Balance <p>Lesson 16.2 – Making Healthy Food Choices</p> <ul style="list-style-type: none"> • Taking Charge: Saying NO • Self-Management: Skills for Saying No • Taking Action: Burn it Up Workout 	<p>PE.912.C.2.18 PE.912.C.2.23 PE.912.L.3.2 PE.912.L.3.3 PE.912.L.4.7 PE.912.M.1.5 PE.912.M.1.13 PE.912.M.1.14</p> <p>HE.912.B.6.4 HE.912.C.1.1 HE.912.C.1.3 HE.912.P.7.1 HE.912.P.7.2</p>	<p><i>Fitness for Life 7th Edition (Optional)</i></p>
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		Lesson 19.2 – Evaluating Health Clubs, Equipment, Media, and Internet Materials <ul style="list-style-type: none"> • Taking Charge: Learning to Think Critically • Self-Management: Skills for Thinking Critically • Taking Action: Your Health and Fitness Club 		
16-18	Projects, Reviews, and Final Exam	Individual Project Ideas Personal Fitness Plans Report on Social Media/Products/Technology Research Paper Group Project Ideas Project Based Learning – Creating and Managing a Fitness Facility		<i>Fitness for Life 7th Edition (Optional)</i>

English Language Development ELD Standards Special Notes Section: [si.pdf \(windows.net\)](#)