

West Linn–Wilsonville School District
Health & Physical Education – Course Statement

<u>Course Title: Personal Fitness</u>	
Length of Course:	Semester
Number of Credits:	1
Grade Level:	11,12 (9 th & 10 th grade with instructor permission)
Prerequisites:	Wellness I & II
Work Samples	
Offered in Course:	None
Date of Description/Revision: October 2007	

Course Overview	
<p>This course enables students to incorporate health and physical behaviors into their lifestyles. Emphasis will be on giving students knowledge and skills in the following areas: components of physical fitness, biomechanical and physiological principles, safety practices, lifestyle assessment, assessment of individual fitness levels, and design of a personal fitness program. The format is a cardiovascular workout that includes various combinations of aerobics, yoga, Pilates, core conditioning, and cardio kickboxing techniques. The aerobic choreography alternates between low and high intensity and is geared to all fitness levels.</p>	
Essential Questions	Concepts providing focus for student learning
<ul style="list-style-type: none"> • What types of exercise will you do in the future to stay physically fit? • What does it mean to be physically fit? • Does participation in sports ensure physical fitness? • How are personal health and fitness programs designed? • How does physical activity increase energy level and productivity? • What are ways to improve current individual fitness programs and lifestyles? • How does life-long fitness help create confidence and self-control in many aspects of life? 	
Proficiency Statements	
<p>Upon completion of course, students will be able to:</p> <ul style="list-style-type: none"> • Demonstrate the knowledge, skills, motivation, and behaviors that will promote and reinforce a lifetime commitment to fitness through a physically active and healthy lifestyle. • Establish life-long personal health and fitness programs. • Describe how to stay physically active and make healthy lifestyle choices far beyond their high school years. • Assess and evaluate their fitness lifestyle. • Describe the value of participating in physical activity to promote both physiological and psychological well-being. 	

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General Course Topics/Units & Timeframes	
	<p>A. Aerobics/Circuit Training: consists of a great cardiovascular workout incorporating basic movement patterns and varying from low to high intensity with some power options</p> <p>B. Yoga: focuses on the mind/body connection; designed to relieve tension and stress through breathing techniques, stretching, meditation, and body postures</p> <p>C. Pilates: designed to maximize abdominal strength while toning and increasing flexibility for the rest of the body</p> <p>D. Core Conditioning: an abdominal style workout that tones core muscles groups such as abs, lower back, and oblique muscles</p> <p>E. Cardio Kickboxing: features kickboxing techniques choreographed in combinations, with a primary focus on cardiovascular benefit</p> <p>F. Cardiovascular Workouts: will include fitness and conditioning such as running, walking, and upper and lower body exercises</p>
Resources	
	<ul style="list-style-type: none">• Text: none