

Fitness & Wellness (Physical Education)

Required – Semester – 9

Prerequisites: None

Course Description

Physical education is an integral part of the total education program. The mission is to provide students with the knowledge and skills needed to lead a healthy active lifestyle. Students will learn about their personal fitness needs by setting goals and working towards those goals in areas of muscular strength, muscular endurance, cardiovascular endurance, and flexibility. Students will be in charge of charting their progress along the way and developing fitness programs. The class provides experiences that will develop positive attitudes toward physical activities and contributes to lifetime participation in fitness and wellness.

Course Goals

The Christian teacher will:

1. Provide opportunities for all students to begin and maintain an optimal level of lifetime physical fitness and wellness through a variety of activities.
2. Instill social skills and attitudes, sportsmanship, and the appreciation of the capacities and limitations of oneself and others.
3. Develop in students a desirable self-concept toward lifetime participation in physical activity.

Course Objectives

The successful student will be able to demonstrate the following Society of Health and Physical Education (SHAPE) standards:

1. Demonstrate competency in a variety of motor skills and movement patterns.
2. Apply knowledge of concepts, principles, strategies, and tactics related to movement and performance.
3. Demonstrate the knowledge and skills needed to achieve and maintain a health-enhancing level of physical activity and fitness.
4. Exhibit responsible personal and social behavior that respects self and others.
5. Recognize the value of physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

Course Outline

This course will have a lab that meets once a week in a classroom. Possible class activities include:

- I. *Fitness Testing*
- II. *Target Heart Rate Activities*
- III. *Strength Training*
- IV. *Yoga/Pilates*
- V. *Creating/Demonstrating a Fitness Plan*

Instructional Strategies

The instructor will use a variety of instructional techniques including demonstrations, lectures, cooperative learning, and stimulating activities. Once a week, students will meet in a classroom to discuss the components of fitness and benefits of physical activity.

Grading Methods

Cooperation and participation during activities will be considered in the evaluation process of the student. Students will receive 5 points a day for wearing proper uniform and shoes for the activity; displaying an appropriate attitude; being prompt to class; and displaying their best effort during an activity. One point will be deducted for inappropriate attire, poor attitude, tardiness, or not listening/following directions. Students may be deducted multiple points for refusal to participate, putting the health and safety of others at risk, inappropriate language, or demonstrating more than one misbehavior from the previous list.

Students will also be assessed on the mastery of fundamental skills and content knowledge of each unit. Other assessments may include peer evaluations, quizzes/tests, entry slips, exit slips, skills tests, reports, and handwritten assignments.

If a student is absent for more than 5 days, they will receive a zero for participation. They will also receive a zero for any missing quizzes or assignments due that day. The students may complete a physical activity form to make up for any days missed. Excessive absence will jeopardize credit for the class.

In the situation where a student is limited in physical participation, such as injury or health problems, the student must have a note from a doctor, physical trainer, athletic trainer, or other medical professional to excuse them from certain activities. If a student is limited in physical participation for a prolonged period of time, the student may not receive credit for the class.

Student Material

1. School uniform
2. Athletic shoes
3. Notebook
4. Folder

Classroom procedures

Students will be given approximately five minutes to change attire at the beginning and end of each class period. If the five minutes have expired and students are unprepared for class, they will receive a tardy for that class period.

Additional Information

Each student will be issued a lock during the semester. If a student loses the lock, the students will be assessed a \$5.00 fee.

Updated: Thursday, September 01, 2022