

Bedford High School
Department of Physical Education and Health
Mr. Mangan, Instructor

Course Description- # 9112 – Fitness Concepts II

An updated approach to the study of life long fitness. Life long fitness will be assessed in terms of individual fitness activities. Topics include: new & field games, nutrition, body composition, eating disorders and stress management. Strategies for the successful pursuit of a healthy lifestyle will be explored.

Periods per cycle: 2

Credits: 1.25

Prerequisite: none

I. Learning Objectives:

By the completion of this course, the successful student will have learned:

- a. To assess personal fitness and nutrition
- b. To develop strategies to improve one's personal fitness and nutrition
- c. To develop a personal training program that encompasses many different types of activities
- d. To utilize a warm up and stretching routine before activity to increase flexibility and prevent injury
- e. To apply a variety of movements to fitness and sport activities
- f. To participate in a variety of fitness and sports activities to improve and maintain wellness

II. Learning Experiences:

In this course students will:

- a. Develop a personalized fitness program
- b. Collaborate with peers in physical activity settings
- c. Actively engage in physical activities
- d. Explore factors influencing personal wellness

III. Course Requirements:

- a. Participation in physical activities
- b. Participation in classroom discussion and exploration of factors influencing wellness
- c. Respectful classroom behavior
- d. Proper footwear for gymnasium and outdoor activity
- e. A change of clothes, different from that worn to school

IV. Course Evaluation:

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| a. Class Participation (CP) | 50% |
| b. Completion of class assignments (CA) | 20% |
| c. Fitness Project (FP) | 30% |