

# Blackhawk School District

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## CURRICULUM

<b>Course Title:</b>	<b>Individual Fitness and Conditioning (Co-ed)</b>
<b>Course Number:</b>	<b>1319 (1<sup>st</sup> semester), 1359 (second semester)</b>
<b>Grade Level(s):</b>	<b>Grades 11-12</b>
<b>Periods per week:</b>	<b>Every other day</b>
<b>Length of Period:</b>	<b>42 minutes</b>
<b>Length of Course:</b>	<b>semester</b>
<b>Credits:</b>	<b>.25 credits</b>
<b>Faculty Author(s):</b>	<b>Bryan Vitali, Jamie Planitzer</b>
<b>Date:</b>	<b>Spring 2014</b>

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### COURSE DESCRIPTION:

The student will be able to further develop into a physically educated individual by increasing their knowledge, skills, and confidence in a multitude of activities in order to enjoy a lifetime of healthful physical activity.

Physical activity is critical to the development and maintenance of good health. The goal of Individual Fitness is to develop physically educated individuals who have the knowledge, skills, and confidence to enjoy a lifetime of healthful physical activity. Individual Fitness includes instruction and participation in various fitness activities including weight training, resistance training, plyometric training, cardiovascular training, flexibility training, fitness circuits, electronic fitness techniques, and various others. Students will have the opportunity to set their own fitness goals while working towards reaching these goals by given time frames. Students will be challenged in a variety of different methods to foster one's overall physical, mental, social, and emotional well-being. This class will be held primarily in the fitness center, weight room and dance studio areas.

COURSE OUTLINE	Proposed Time	OBJECTIVES (PA standard)	RESOURCES
<b>FALL &amp; SPRING SEMESTER</b>	<b>18 weeks</b>		
<b>Fitnessgram</b> <ul style="list-style-type: none"> <li>• Mile Run</li> <li>• Push-ups</li> <li>• Curl-ups</li> <li>• Shoulder Stretch <ul style="list-style-type: none"> <li>○ Warm-Ups (Daily) <ul style="list-style-type: none"> <li>▪ Cardio Exercise</li> <li>▪ Strength &amp; Endurance Exercise</li> <li>▪ Flexibility Exercise</li> </ul> </li> </ul> </li> </ul>	<i>2 classes</i>	<b>10.3.12 Safety and Injury Prevention</b> <p>D. Evaluate the benefits, risks and safety factors associated with self-selected life-long physical activities.</p> <b>10.4.12 Physical Activity</b> <p>A. 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>B. Analyze the effects of regular participation in a self-selected program of moderate to vigorous physical activities.</p> <ul style="list-style-type: none"> <li>• social</li> <li>• physiological</li> <li>• psychological</li> </ul> <p>C. 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"> <li>• injury</li> </ul> <p>D. Evaluate factors that affect physical activity and exercise preferences of adults.</p> <ul style="list-style-type: none"> <li>• personal challenge</li> <li>• physical benefits</li> <li>• motivation</li> <li>• access to activity</li> <li>• self-improvement</li> </ul>	Fitnessgram CD  Mats  Stop Watch
<b>FITT Principle</b> <ul style="list-style-type: none"> <li>• Frequency</li> <li>• Intensity</li> <li>• Time</li> <li>• Type</li> </ul> <b>Health Related Components of Fitness</b> <ul style="list-style-type: none"> <li>• Cardiovascular Endurance</li> <li>• Muscular Strength</li> <li>• Muscular Endurance</li> <li>• Flexibility</li> <li>• Body Composition</li> </ul> <b>Target Heart Rate Zone</b>		<b>10.3.12 Safety and Injury Prevention</b> <p>D. Evaluate the benefits, risks and safety factors associated with self-selected life-long physical activities.</p> <b>10.4.12 Physical Activity</b> <p>E. 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>F. Analyze the effects of regular participation in a self-selected program of moderate to vigorous physical activities.</p> <ul style="list-style-type: none"> <li>• social</li> </ul>	

		<ul style="list-style-type: none"> <li>• physiological</li> <li>• psychological</li> </ul> <p>G. 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"> <li>• injury</li> </ul> <p>H. Evaluate factors that affect physical activity and exercise preferences of adults.</p> <ul style="list-style-type: none"> <li>• personal challenge</li> <li>• physical benefits</li> <li>• motivation</li> <li>• access to activity</li> <li>• self-improvement</li> </ul> <p>I. Analyze the interrelationships among regular participation in physical activity, motor skill improvement and the selection and engagement in lifetime physical activities.</p> <p>J. Assess and use strategies for enhancing adult group interaction in physical activities.</p> <ul style="list-style-type: none"> <li>• shared responsibility</li> <li>• open communication</li> <li>• goal setting</li> </ul> <p><b>10.5.12 Concepts, Principles and Strategies of Movement</b></p> <p>A. Apply knowledge of movement skills, skill-related fitness and movement concepts to identify and evaluate physical activities that promote personal lifelong participation.</p> <p>B. Incorporate and synthesize knowledge of motor skill development concepts to improve the quality of motor skills.</p> <ul style="list-style-type: none"> <li>• open and closed skills</li> <li>• short-term and long-term memory</li> <li>• aspects of good performance</li> </ul> <p>C. Evaluate the impact of practice strategies on skill development and improvement.</p>	
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<p><b>Cardiovascular Endurance</b></p> <ul style="list-style-type: none"> <li>• Treadmill</li> <li>• Elliptical</li> <li>• Stationary Bike</li> <li>• Jumping Rope</li> <li>• Just Dance</li> <li>• Zumba</li> <li>• Insanity</li> <li>• Aerobics</li> <li>• Walk/Jog</li> </ul> <p><b>* Student will exercise to reach their individual target heart rate zone.</b></p> <p><b>*Students are required to wear a heart rate monitor while participating in a cardiovascular endurance activities.</b></p>		<p><b>10.3.12 Safety and Injury Prevention</b></p> <p>D. Evaluate the benefits, risks and safety factors associated with self-selected life-long physical activities.</p> <p><b>10.4.12 Physical Activity</b></p> <p>A. 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>B. Analyze the effects of regular participation in a self-selected program of moderate to vigorous physical activities.</p> <ul style="list-style-type: none"> <li>• social</li> <li>• physiological</li> <li>• psychological</li> </ul> <p>C. 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"> <li>• injury</li> </ul> <p>D. Evaluate factors that affect physical activity and exercise preferences of adults.</p> <ul style="list-style-type: none"> <li>• personal challenge</li> <li>• physical benefits</li> <li>• motivation</li> <li>• access to activity</li> <li>• self-improvement</li> </ul> <p>E. Analyze the interrelationships among regular participation in physical activity, motor skill improvement and the selection and engagement in lifetime physical activities.</p> <p>F. Assess and use strategies for enhancing adult group interaction in physical activities.</p> <ul style="list-style-type: none"> <li>• shared responsibility</li> <li>• open communication</li> <li>• goal setting</li> </ul> <p><b>10.5.12 Concepts, Principles and Strategies of Movement</b></p> <p>A. Apply knowledge of movement skills, skill-related fitness and movement concepts to identify and evaluate physical activities that promote personal lifelong participation.</p> <p>B. Incorporate and synthesize knowledge of motor skill development concepts to improve the quality of motor skills.</p> <ul style="list-style-type: none"> <li>• open and closed skills</li> </ul>	<p>Cardio Machines Jump Ropes TV Heart Rate Monitors</p>
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		<ul style="list-style-type: none"> <li>• short-term and long-term memory</li> <li>• aspects of good performance</li> </ul> <p>C. Evaluate the impact of practice strategies on skill development and improvement.</p>	
<p><b>Muscular Strength/ Endurance</b></p> <ul style="list-style-type: none"> <li>• Weight machines</li> <li>• Free Weights</li> <li>• Dumbbells</li> <li>• Circuits</li> <li>• Insanity</li> <li>• Pilates</li> <li>• Body Weight Exercise</li> <li>• Fitdeck Cards</li> <li>• Abdominal Workout</li> </ul>		<p><b>10.3.12 Safety and Injury Prevention</b></p> <p>D. Evaluate the benefits, risks and safety factors associated with self-selected life-long physical activities.</p> <p><b>10.4.12 Physical Activity</b></p> <p>A. 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>B. Analyze the effects of regular participation in a self-selected program of moderate to vigorous physical activities.</p> <ul style="list-style-type: none"> <li>• social</li> <li>• physiological</li> <li>• psychological</li> </ul> <p>C. 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"> <li>• injury</li> </ul> <p>D. Evaluate factors that affect physical activity and exercise preferences of adults.</p> <ul style="list-style-type: none"> <li>• personal challenge</li> <li>• physical benefits</li> <li>• motivation</li> <li>• access to activity</li> <li>• self-improvement</li> </ul> <p>E. Analyze the interrelationships among regular participation in physical activity, motor skill improvement and the selection and engagement in lifetime physical activities.</p>	<p>Weight Machines Free Weights Kettle Bells Rope Resistance Bands Benches Bars TV DVDs</p>

		<p>F. Assess and use strategies for enhancing adult group interaction in physical activities.</p> <ul style="list-style-type: none"> <li>• shared responsibility</li> <li>• open communication</li> <li>• goal setting</li> </ul> <p><b>10.5.12 Concepts, Principles and Strategies of Movement</b></p> <p>A. Apply knowledge of movement skills, skill-related fitness and movement concepts to identify and evaluate physical activities that promote personal lifelong participation.</p> <p>B. Incorporate and synthesize knowledge of motor skill development concepts to improve the quality of motor skills.</p> <ul style="list-style-type: none"> <li>• open and closed skills</li> <li>• short-term and long-term memory</li> <li>• aspects of good performance</li> </ul> <p>C. Evaluate the impact of practice strategies on skill development and improvement.</p>	
<p><b>Flexibility</b></p> <ul style="list-style-type: none"> <li>• Yoga</li> <li>• Static Stretching</li> <li>• Dynamic Stretching</li> <li>• Resistance Band Stretching</li> </ul>		<p><b>10.3.12 Safety and Injury Prevention</b></p> <p>D. Evaluate the benefits, risks and safety factors associated with self-selected life-long physical activities.</p> <p><b>10.4.12 Physical Activity</b></p> <p>A. 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>B. Analyze the effects of regular participation in a self-selected program of moderate to vigorous physical activities.</p> <ul style="list-style-type: none"> <li>• social</li> <li>• physiological</li> <li>• psychological</li> </ul> <p>C. 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"> <li>• injury</li> </ul> <p>D. Evaluate factors that affect physical activity and exercise preferences of adults.</p> <ul style="list-style-type: none"> <li>• personal challenge</li> <li>• physical benefits</li> <li>• motivation</li> <li>• access to activity</li> <li>• self-improvement</li> </ul>	<p>TV DVDs Mats Bands</p>

		<p>E. Analyze the interrelationships among regular participation in physical activity, motor skill improvement and the selection and engagement in lifetime physical activities.</p> <p>F. Assess and use strategies for enhancing adult group interaction in physical activities.</p> <ul style="list-style-type: none"> <li>• shared responsibility</li> <li>• open communication</li> <li>• goal setting</li> </ul> <p><b>10.5.12 Concepts, Principles and Strategies of Movement</b></p> <p>A. Apply knowledge of movement skills, skill-related fitness and movement concepts to identify and evaluate physical activities that promote personal lifelong participation.</p> <p>B. Incorporate and synthesize knowledge of motor skill development concepts to improve the quality of motor skills.</p> <ul style="list-style-type: none"> <li>• open and closed skills</li> <li>• short-term and long-term memory</li> <li>• aspects of good performance</li> </ul> <p>C. Evaluate the impact of practice strategies on skill development and improvement.</p>	
<p><b>Volleyball Tournament (optional)</b></p> <ul style="list-style-type: none"> <li>○ Rule/Safety Explanations &amp; Expectations</li> <li>○ Team Breakdown</li> <li>○ Round Robin Tournament Structure Explanation</li> <li>○ Fitness Principle Integration <ul style="list-style-type: none"> <li>▪ Benefits</li> <li>▪ Target Heart Rate</li> </ul> </li> <li>○ Warm-Ups (Daily) <ul style="list-style-type: none"> <li>▪ Cardio Exercise</li> <li>▪ Strength &amp; Endurance Exercise</li> <li>▪ Flexibility Exercise</li> </ul> </li> <li>○ Skill Practice (Optional)</li> </ul>	<p><i>5 classes</i></p>	<p><b>10.3.12 Safety and Injury Prevention</b></p> <p>D. Evaluate the benefits, risks and safety factors associated with self-selected life-long physical activities.</p> <p><b>10.4.12 Physical Activity</b></p> <p>A. 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>B. Analyze the effects of regular participation in a self-selected program of moderate to vigorous physical activities.</p> <ul style="list-style-type: none"> <li>• social</li> <li>• physiological</li> <li>• psychological</li> </ul> <p>C. 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"> <li>• injury</li> </ul> <p>D. Evaluate factors that affect physical activity and exercise preferences of adults.</p> <ul style="list-style-type: none"> <li>• personal challenge</li> </ul>	<p>Nets</p> <p>Volleyballs</p>

		<ul style="list-style-type: none"> <li>• physical benefits</li> <li>• motivation</li> <li>• access to activity</li> <li>• self-improvement</li> </ul> <p>E. Analyze the interrelationships among regular participation in physical activity, motor skill improvement and the selection and engagement in lifetime physical activities.</p> <p>F. Assess and use strategies for enhancing adult group interaction in physical activities.</p> <ul style="list-style-type: none"> <li>• shared responsibility</li> <li>• open communication</li> <li>• goal setting</li> </ul> <p><b>10.5.12 Concepts, Principles and Strategies of Movement</b></p> <p>A. Apply knowledge of movement skills, skill-related fitness and movement concepts to identify and evaluate physical activities that promote personal lifelong participation.</p> <p>B. Incorporate and synthesize knowledge of motor skill development concepts to improve the quality of motor skills.</p> <ul style="list-style-type: none"> <li>• open and closed skills</li> <li>• short-term and long-term memory</li> <li>• aspects of good performance</li> </ul> <p>C. Evaluate the impact of practice strategies on skill development and improvement.</p>	
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