

Course number:

Grade level: 9-12

Prerequisite courses: None

Credits: 1.0

Course Description

Exploring fitness topics such as safe exercise and injury prevention, nutrition and weight management, consumer product evaluation, and stress management, this course equips high school students with the skills they need to achieve lifetime fitness. Throughout this one-semester course, students assess individual fitness levels according to the five components of physical fitness: cardiovascular health, muscular strength, muscular endurance, flexibility, and body composition. Personal fitness assessments encourage students to design a fitness program to meet their individual fitness goals.

Course Objectives

Students will meet the following goals in this course.

- Describe the importance of physical fitness for all ages and abilities
- Describe common exercise-related physical injuries, and list guidelines for preventing injuries during physical activity
- Identify diseases that can affect the different systems of the body, and recognize the relationship between stress and disease
- Identify team sports that achieve health-related fitness goals both in school and outside of school
- Assess nutritional needs and formulate healthy meal plans and snacks as part of a balanced diet based on dietary guidelines and the Food Guide

Student Expectations

This course requires the same level of commitment from students as a traditional classroom course. Students are expected to spend approximately 5–7 hours per week online on:

- interactive lessons, which include a mixture of instructional videos and tasks.
- system-graded assignments to extend and apply learning.
- assessments, including quizzes, tests, and cumulative exams.
- short writing assignments that encourage student thought, analysis, and reflection.
- unit projects that dive deeper into unit themes and that promote student choice, inquiry and research, collaboration, presentation, and reflection.



Your teacher may also require you to track your fitness activities, using the online Fitness Log. You can access this log by clicking the heart monitor icon on the Course Map page.

Communication

Teachers will communicate with students regularly through discussions, emails, chats, and system announcements. Students will also communicate with classmates, either via online tools or face-to-face, to collaborate, ask and answer questions in peer groups, and develop speaking and listening skills.

Grading Policy

Students will be graded on work completed online and work submitted electronically to the teacher. The weighting for each category of graded activity is listed below.

Grading Category	Weight
Assignments	10%
Projects ???	20%
Lesson quizzes	20%
Unit tests	30%
Cumulative exams	20%

Scope and Sequence

When students log in to Edgenuity, they can view the entire course map—an interactive scope and sequence of all topics under study. The units of study are listed below.

Course Units
Unit 1: Introduction to Fitness and Safety
Unit 2: Cardiorespiratory and Muscular Fit
Unit 3: Introduction to Sports and Skills
Unit 4: Fitness for Life