

# Personal Health & Fitness

## Course Description

This combined health and PE course provides students with essential knowledge and decision-making skills for a healthy lifestyle. Students will analyze aspects of emotional, social, and physical health and how these realms of health influence each other. Students will apply principles of health and wellness to their own lives. In addition, they will study behavior change and set goals to work on throughout the course. Other topics of study include substance abuse, safety and injury prevention, environmental health, and consumer health.

This course is also designed to provide students with the basic skills and information needed to begin a personalized exercise program and maintain an active and healthy lifestyle. Students participate in pre- and post-fitness assessments in which they measure and analyze their own levels of fitness based on the five components of physical fitness: muscular strength, endurance, cardiovascular fitness, flexibility, and body composition. In this course, students research the benefits of physical activity, as well as the techniques, principles, and guidelines of exercise to keep them safe and healthy. Throughout this course students participate in a weekly fitness program involving elements of cardio, strength, and flexibility.

## Units & Sections

This course is divided into the following Units and Sections.

- **Course Introduction**
- **Unit 1: Holistic Health**
  - 1.1 Dimensions of Wellness
  - 1.2 Decision-Making Skills
- **Unit 2: Starting a Fitness Program**
  - 2.1 What is Fitness?
  - 2.2 Goal Setting
  - 2.3 Getting Started
- **Unit 3: Fitness Safety**
  - 3.1 Warm Up & Cool Down
  - 3.2 Posture & Technique
  - 3.3 Safety Guidelines
- **Unit 4: Exercise Principles**
  - 4.1 Components of Fitness
  - 4.2 FITT Principles
  - 4.3 Heart Rate & Intensity
- **Unit 5: Drugs & Alcohol**
  - 5.1 Drug Use
  - 5.2 Alcohol & Tobacco
- **Unit 6: Nutrition**
  - 6.1 Nutrition
  - 6.2 Weight Management

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### Course Tasks

Within each section you will find the following tasks to view or complete:

1. **Checklist**—an outline of tasks for that section
2. **Lessons**—multimedia online lessons about the section topic
3. **Field Trip**—links to other online sites with additional fitness information
4. **Discussion\***—class discussion on an assigned topic
5. **Assignment\***—section assignment
6. **Quiz\***—quiz covering information from the lessons
7. **Fitness Log\***—a record of your workout sessions for each week

The items noted with an asterisk above are those that must be submitted for a grade. A Unit Exam can also be found at the end of each unit.

### Pacing

There are 16 sections in this course. Each section is designed to be completed in about one week's time. However, students may take more or less time as needed. A recommended pacing guide is provided within the course.

### Exercise Requirements

12 weeks of exercise at 3 hours per week is required for this course. An accelerated course version is available that requires 8 weeks of exercise at 4 hours per week. All fitness logs require at least ONE form of verification, which can be provided by a supervising adult, a MOVband device, or a Polar heart rate monitor.

### Exercise Library

This course includes complimentary access to Carone Learning's Exercise Library, with pictures, videos, and descriptions of almost 300 exercises. The library is searchable by exercise type, muscle group, or equipment (including resistance bands, weights, exercise balls, or no equipment at all).

### Parent & Teacher Guides

Parent and teacher guides available.

### Additional Materials

There are no required textbooks or materials for this course. Access to exercise equipment is recommended, but not required. The following equipment is available through Carone Learning,

- Polar Heart Rate Monitor
- MOVband
- Resistance Band

### Technical Requirements

An internet connection and computer or tablet hardware is required. Software requirements include a PDF reader, word-processing application (such as Word),

## **Personal Health & Fitness**

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MP4/video player, and Flash player (optional). Free downloadable software is available for each of these.