Welcome to Fitness for Life

This course is meticulously designed to align with state standards and targeted learning objectives, ensuring comprehensive coverage of essential knowledge and skills required for student success.

Course Description:
Fitness for Life is designed to empower students with the knowledge and skills to lead a healthy, active lifestyle. This course focuses on three main objectives: (1) Understanding the benefits of physical activity for overall health and wellness, as well as principles of fitness; (2) Participating in a variety of physical activities while setting and pursuing personal fitness goals; and (3) Developing the ability to make independent, informed decisions about fitness and wellness. Through hands-on activities, goal-setting exercises, and reflective practices, students will build a foundation for lifelong fitness and healthy decision-making.

Units and Learning Outcomes
Unit 1: Introduction to Fitness and Wellness
- Understanding the importance of physical activity in daily life
- Exploring the relationship between fitness, mental health, and overall wellness
- Learning key fitness concepts, including cardiovascular health, muscular strength, flexibility, and body composition
- Setting personal wellness goals

Unit 2: Principles of Fitness
- Exploring the components of fitness: endurance, strength, flexibility, and balance
- Understanding the FITT principle (Frequency, Intensity, Time, Type) and how to apply it
- Learning the basics of heart rate zones and target heart rates for effective workouts
- Designing a personalized fitness plan based on individual needs and goals

Unit 3: Physical Activities for Health
- Participating in a variety of physical activities, including aerobic exercises, strength training, and flexibility exercises
- Tracking and analyzing personal progress through activity logs and reflections
- Learning how to safely perform exercises and prevent injuries
- Reflecting on the importance of consistency and variety in fitness routines

Unit 4: Building Healthy Habits and Decision-Making
- Exploring the role of nutrition, sleep, and stress management in fitness and health
- Analyzing how personal choices impact long-term health outcomes
- Developing strategies to overcome barriers to physical activity
- Creating an action plan for maintaining fitness habits beyond the classroom

Learning Outcomes:
By the end of Semester 1, students will be able to:
- Describe the physical, mental, and emotional benefits of regular physical activity.
- Understand and apply principles of fitness, including the FITT principle, to personal routines.
- Set, track, and reflect on personal fitness goals using data and self-assessment.
- Demonstrate knowledge of various physical activities and their contributions to overall health.
- Make informed decisions about fitness and wellness based on personal needs and lifestyle.