



monarch

Curriculum Catalog

Physical Fitness

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Physical Fitness Course Overview

Physical Fitness is a semester-length elective designed for high school students. The course focuses on the health benefits of regular physical activity and of a long term exercise program.

As students work through the course, they will learn about the many aspects of physical fitness, including basic nutrition, the importance of flexibility, cardiovascular health, muscle and strength training, and realistic goal setting. Along the way, students will be required to maintain and submit an activity log in order to measure progress in course exercises, as well as in personal fitness goals.

Upon completion of Physical Fitness, students should possess the knowledge and skills needed to do the following:

- Analyze the key components of successful physical activity and use this analysis to determine if a program is reasonable and effective.
- Describe the three main types of physical activity that should be included in a exercise regime and the health benefits of each.
- Perform basic fitness exercises associated with the three main types of physical activity discussed in this course.
- Identify the main motivational strategies that can be used to help the student continue in positive fitness habits once this course is completed.

Unit 1: An Overview of Fitness	
Assignments	
Physical Fitness	1. Course Overview
	2. What is Physical Fitness?
	3. Why Should I Exercise?
	4. Quiz 1: Physical Fitness and Exercise
	5. Alternate Quiz 1-Form A: Physical Fitness and Exercise*
	6. Alternate Quiz 1-Form B: Physical Fitness and Exercise*
	7. Physical Benefits
	8. Mental and Emotional Benefits
	9. Longevity
	10. Quiz 2: Benefits of Exercise
	11. Alternate Quiz 2-Form A: Benefits of Exercise*
	12. Alternate Quiz 2-Form B: Benefits of Exercise*
13. What is Nutrition?	
14. Weight Control	
15. Putting the Pieces Together	
16. Project: Food Analysis	
17. Quiz 3: Basic Nutrition	
18. Alternate Quiz 3-Form A: Basic Nutrition*	
19. Alternate Quiz 3-Form B: Basic Nutrition*	
20. Special Project*	
21. Review	
22. Test	
23. Alternate Test-Form A*	
24. Alternate Test-Form B*	
25. Glossary and Credits	

Unit 2: Flexibility Training	
Assignments	
Physical Fitness	1. Daily Activity versus Planned Exercise
	2. Project: Using the Activity Log
	3. Warm-ups and Cool-Downs
	4. Quiz 1: Planning Daily Exercise
	5. Alternate Quiz 1-Form A: Planning Daily Exercise*
	6. Alternate Quiz 1-Form B: Planning Daily Exercise*
	7. Is Stretching Exercise?
	8. Physical Benefits of Stretching
	9. Project: Test your Flexibility
	10. Quiz 2: Stretching
	11. Alternate Quiz 2-Form A: Stretching*
	12. Alternate Quiz 2-Form B: Stretching*
13. Correct Motion and Breathing	
14. Project: Upper Body Flexibility Exercises	
15. Project: Lower Body Flexibility Exercises	
16. Project: Whole Body Flexibility Exercises	
17. Unit 2 Activity Log	
18. Special Project*	
19. Review	
20. Test	
21. Alternate Test-Form A*	
22. Alternate Test-Form B*	
23. Glossary and Credits	

Unit 3: Cardiovascular Fitness		
Assignments		
Physical Fitness	1. What Defines Cardiovascular Exercise?	15. Project: High Intensity Calorie Burning
	2. Benefits of Cardiovascular Training	16. Quiz 3: Cardiovascular Exercise and Weight Control
	3. Project: Test Your Cardiovascular Fitness Level	17. Alternate Quiz 3-Form A: Cardiovascular Exercise and Weight Control*
	4. Quiz 1: Cardiovascular Training	18. Alternate Quiz 3-Form B: Cardiovascular Exercise and Weight Control*
	5. Alternate Quiz 1-Form A: Cardiovascular Training*	19. Unit 3 Activity Log
	6. Alternate Quiz 1-Form B: Cardiovascular Training*	20. Special Project*
	7. Intensity Versus Duration	21. Review
	8. Project: Walking Drills	22. Test
	9. Project: Wind Sprints	23. Alternate Test-Form A*
	10. Quiz 2: Intensity Versus Duration	24. Alternate Test-Form B*
	11. Alternate Quiz 2-Form A: Intensity Versus Duration*	25. Glossary and Credits
	12. Alternate Quiz 2-Form B: Intensity Versus Duration*	
	13. Cardiovascular Exercise and Weight Control	
	14. Project: Low Impact Calorie Burning	

Unit 4: Resistance Training		
Assignments		
Physical Fitness	1. What is Strength Training?	13. Quiz 2: The Resistance Training Workout
	2. How is Muscular Strength Developed?	14. Alternate Quiz 2-Form A: The Resistance Training Workout*
	3. Project: Test Your Muscular Strength and Endurance	15. Alternate Quiz 2-Form B: The Resistance Training Workout*
	4. Quiz 1: Resistance Training	16. Unit 4 Activity Log
	5. Alternate Quiz 1-Form A: Resistance Training*	17. Special Project*
	6. Alternate Quiz 1-Form B: Resistance Training*	18. Review
	7. A Combination of Resistance and Repetitions	19. Test
	8. Project: Isolating the Upper Body	20. Alternate Test-Form A*
	9. Project: Isolating the Lower Body	21. Alternate Test-Form B*
	10. Project: Developing Your Core	22. Glossary and Credits
	11. Project: Graded Resistance Exercise Performance	
	12. Strength Training and Weight Control	

Unit 5: Motivation and Mindset		
Assignments		
Physical Fitness	1. Developing a Realistic Mindset and Goals	14. Success Strategies
	2. Adapting the Program Over Time	15. Project: Try a Strategy for Success
	3. Project: Flexibility and Cardiovascular Exercise Workout	16. Project: A Resistance Training and Flexibility Workout
	4. Quiz 1: Motivation and Mindset	17. Quiz 3: Staying Motivated
	5. Alternate Quiz 1-Form A: Motivation and Mindset*	18. Alternate Quiz 3-Form A: Staying Motivated*
	6. Alternate Quiz 1-Form B: Motivation and Mindset*	19. Alternate Quiz 3-Form B: Staying Motivated*
	7. Overuse injuries	20. Unit 5 Activity Log
	8. Breaks and Plateaus	21. Special Project*
	9. Project: A Cardiovascular Exercise Workout	22. Review
	10. Quiz 2: Dealing with Setbacks	23. Test
	11. Alternate Quiz 2-Form A: Dealing with Setbacks*	24. Alternate Test-Form A*
	12. Alternate Quiz 2-Form B: Dealing with Setbacks*	25. Alternate Test-Form B*
	13. Understanding Discouragement and Motivation	26. Glossary and Credits

Unit 6: Course Review and Exam		
Assignments		
PF	1. Review	3. Alternate Exam-Form A*
	2. Exam	4. Alternate Exam-Form B*

(*) Indicates alternative assignment