



Switched-On
SCHOOLHOUSE

Course Catalog

Physical Fitness

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

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

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

UNIT 6: COURSE REVIEW AND EXAM				
Assignment Titles				
PHYSICAL FITNESS	1.	Review	3.	Alternate Exam - Form A*
	2.	Exam	4.	Alternate Exam - Form B*

(*) Indicates alternate assignment