



Personal Fitness III

Course Summary:

What does being fit really mean? Is it just based on physical appearance, or is it something deeper? In life, people strive to be healthy and make sensible choices, but it's difficult to know exactly what that means. It's not only about losing weight or lifting a heavy barbell; being physically fit entails a wealth of knowledge about our bodily functions, environment, safety, diet, goals, and strategies for longevity. Human beings are complex and highly sensitive organisms that need the right kind of attention to physically excel. Being fit is about living life to the fullest and making the most of what you have: yourself! The student will explore the world of healthy living and see how real fitness can be achieved through intention, effort, and just the right amount of knowledge.

Course Outline

1. What Is Fitness?

- Describe the five fitness zones and how they work together to create your personal fitness
- Take your resting heart rate
- Differentiate between aerobic and anaerobic activities
- List the benefits of fitness and how health and environment are related

2. The Body Is A Machine

- Identify the physiological effects of exercise
- Recognize how technical movements and body alignment affect overall health
- Apply Newton's laws of motion to fitness
- Determine ways to handle stress through fitness

3. The Science of Exercise

- Identify activities for frontal, sagittal, and transverse planes of movement
- Identify and explain the relationship of opposing muscle groups (agonist/antagonist)
- Explain how blood pressure relates to personal health

4. Mind Your Own Fitness

- Identify ways to assess one's personal fitness levels
- Understand the role of individual responsibility in enhancing overall health
- Identify ways to set and achieve personal fitness goals
- Make changes in your own wellness plan as the process evolves

5. Personal Fitness Midterm

- Review information acquired and mastered from this course up to this point
- Take a course exam based on material from this course

6. Cultivating Your Own Fitness

- Recognize key aspects of motivation and how it can be cultivated.
- Understand the importance of both physical and mental self-evaluation
- Identify ways to cope with setbacks in your fitness program
- Determine methods for dealing with injury

7. **Nutrition and Energy**

- Recognize practices and behaviors that lead to improved fitness and health
- Understand methods used to reduce health risks
- Evaluate how food choices relate to overall fitness, health, and energy
- Identify how certain lifestyle choices regarding nutrition relate to longevity and health
- Explain changes to energy balance from adolescence through adulthood

8. **Body Image**

- Identify the outside influencers of personal health and body image
- Explain how cultural background can influence body image expectations
- Describe how alcohol consumption can impact fitness and health
- Recognize healthy strategies for losing weight and maintaining health

9. **Training for Life**

- Recognize effective fitness training and conditioning practices
- Understand the importance of sportsmanship and personal acceptance
- Appreciate how regular training affects skills and overall performance in various physical activities
- Identify risks and safety concerns related to lifelong activity

10. **Personal Fitness Final Exam**

- Review information acquired and mastered from this course
- Take a course exam based on material from this course