

Personal Fitness

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Overview of Course:

1. To acquire knowledge of physical fitness concepts
2. To develop an understanding of the significance of lifestyle on one's health and fitness
3. To instill knowledge of physical concepts so that a person can design his or her own personal fitness program

Structure of Course:

Personal Fitness will combine both classroom curriculum and lab on the field or in the gym. We will meet in the classroom two days a week and on the field or in the gym three days a week.

Materials Needed:

1. Workout clothes – plain black athletic shorts, plain grey t-shirt
2. Athletic shoes
3. Socks

Techniques and Methods:

Personal fitness is now available as a Canvas course, students will have access to PowerPoint presentations, videos, activities, and quizzes online. This will be coupled with group and classroom discussions, equipment and exercise demonstrations, analogies, open-ended questions, and guest speakers.

Students will work with partners during lab work.

Grading System and Evaluation:

Students are not graded on fitness test performance, but on improvement and class participation. Records will be kept on performance and improvement.

40% - Formative: Lab consists of dressing out and physical participation
Classroom discussion and topic participation

60% - Summative: Quizzes/Tests
Final Exam