

## BONDUEL PHYSICAL EDUCATION

# ADVANCED TRENDS IN FITNESS

**Grade:** 10, 11, 12

**Credits:** ½

**Prerequisite:** Completion of PE 9 & Intro to Trends in Fitness

**\*Students will be expected to dress, participate and work independently daily while respecting classroom guidelines. Failure to do so may result in the student being removed from the class**

### **Course Description:**

This advanced fitness course will allow students to take their fitness to a whole new level. Students will participate in a variety of advanced level fitness activities. Students will analyze their health and fitness needs, and design a personal fitness program to meet their goals. Students will also examine ways to incorporate stress management and better nutrition into their wellness plan. Students may also learn how to instruct group exercise classes. Students will ultimately demonstrate the importance of living a healthy lifestyle.

### **Course Objective:**

#### **Students will be able to:**

- Show competence in new and current trends in fitness
- Analyze fitness assessments
- Develop lifelong fitness goals
- Develop a plan for improving/maintaining personal fitness
- Demonstrate advanced knowledge of personal fitness
- Demonstrate proper safety techniques
- Experience techniques to better manage their stress
- Understand the importance of living a healthy lifestyle

### **Wisconsin State Standards**

A.12.1 Participate regularly in health-enhancing fitness activities such as games, sports, dance, outdoor pursuits, and other physical activities that contribute to the maintenance of wellness, independent of class requirements

A.12.2 Understand the ways in which personal characteristics, performance styles, and activity preferences will change over the life span

A.12.3 Maintain and improve physical fitness, motor skills and knowledge about physical activity through charting or journalizing improvement over time

A.12.5 Design and implement a personal fitness program

C.12.2 Independently apply advanced, movement-specific information

C.12.3 Integrate discipline-specific knowledge to enable the independent learning of movement skills such as designing a long-term plan for self-improvement in a movement activity and explaining the relationship of physical, emotional and cognitive factors that influence the rate of movement

C.12.4 Identify and apply characteristics and critical elements of highly skilled performance to develop movement competence or proficiency such as using internal and external information to modify movement during performance

D.12.2 Pursue new activities both alone and with others

- E.12.1 Monitor exercise and other behaviors related to health-related fitness
- E.12.2 Maintain appropriate levels of cardiovascular and respiratory efficiency, muscular strength and endurance, flexibility and body composition necessary for a healthful lifestyle
- E.12.3 Assess personal health-related fitness status
- E.12.4 Continue meeting health-related fitness standards
- E.12.5 Use the results of fitness assessments to guide changes in personal program of physical activity
- F.12.6 Create a safe environment for their own skill practice and group activities
- F.12.7 Set personal goals for activity and work toward their achievement
- G.12.3 Display a willingness to experiment with the sport and activity of other cultures
- G.12.5 Recognize how participation in physical activity influences appreciation for people of both genders, varying cultures and ethnic groups, and those with various levels of physical ability or disability