

## BONDUEL PHYSICAL EDUCATION

# INTRODUCTION TO TRENDS IN FITNESS

**Grade:** 10, 11, 12

**Credits:** ½

**Prerequisite:** Completion of PE 9

### **Course Description:**

This course will allow students to experience new and current trends in fitness in mind body fitness, cardiovascular fitness, muscular fitness, flexibility, lifetime activities and aerobic dance. Students will participate in different fitness activities that will help them reach personal goals. Students will also examine their own diet, analyze the newest diet and health trends, experience techniques to better manage their stress and explore local health club facilities in the community. Students will ultimately understand the importance of living a healthy lifestyle.

### **Course Objective:**

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

- Show competence in new and current trends in fitness
- Develop a plan for improving personal fitness
- Demonstrate leadership skills
- Demonstrate basic 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