



**PERSONAL FITNESS (BPE)  
GRADE 9-12**



**Personal Fitness  
36.05100**

**COURSE DESCRIPTION:** Provides instruction in methods to attain a healthy level of physical fitness. Covers how to develop a lifetime fitness program based on a personal fitness assessment and stresses strength, muscular endurance, flexibility, body composition and cardiovascular endurance. Includes fitness principles, nutrition, fad diets, weight control, stress management, adherence strategies and consumer information; promotes self-awareness and responsibility for fitness.

### **Course Standard 1**

Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

- 1.1 The learner will calculate resting, target, and maximum heart rates.
- 1.2 The learner will demonstrate the correct form in all fitness assessment tests and describe form breaks for each test.
- 1.3 The learner will demonstrate correct form in all flexibility, cardiovascular, and strength training exercises
- 1.4 The learner will maintain accurate records (pre-assessment, sets/reps/goals/fitness plan/ post assessment) in a fitness portfolio.

### **Course Standard 2**

Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.

- 2.1 The learner will explain the physiology of healthy weight gain and recognize the signs, symptoms, and treatment of eating disorders.
- 2.2 The learner will describe the prevention and treatment for exercise related injuries.
- 2.3 The learner will explain the structure and function of the heart muscle and describe the benefits of activity related to the development of cardiovascular disease.
- 2.4 The learner will integrate health and skill related fitness components into their daily activities.
- 2.5 The learner will list the six basic nutrients and describe the function of each nutrient.
- 2.6 The learner will contrast caloric intake and energy expenditure.
- 2.7 The learner will evaluate nutrition labels and determine the value of the food analyzed.
- 2.8 The learner will evaluate nutritional supplements and determine their appropriateness.
- 2.9 The learner will evaluate the relationship between exercise and nutrition.

### **Course Standard 3**

Participates regularly in physical activity.

- 3.1 The learner will participate in health related fitness assessment and developmentally appropriate fitness activities.
- 3.2 The learner will accumulate the recommended minutes of moderate to vigorous physical activity outside of physical education class (60 min daily).
- 3.3 The learner will use all skills associated with various fitness activities while dressing safely/appropriately and actively engage in all practice and exercise settings.
- 3.4 The learner will research and report available sport and recreation opportunities in their community.

### **Course Standard 4**

Achieves and maintains a health-enhancing level of physical fitness.

- 4.1 The learner will perform each health-related fitness assessment test with the proper form.
- 4.2 The learner will set and modify personal fitness goals (gender and age based) based upon pre/mid assessment results.
- 4.3 The learner will use the results of their FITNESSGRAM assessment to guide their personal fitness plan development.
- 4.4 The learner will implement a comprehensive fitness plan and adjust FITT Principles (frequency, intensity, type, time) and Principles of Conditioning (specificity, overload, progression) necessary to maintain a healthy level of fitness.

- 4.5 The learner will calculate their individual body mass index or percentage body fat and describe ways of maintaining appropriate body composition.
- 4.6 The learner will design an exercise program based upon age, gender, and current levels of fitness.
- 4.7 The learner will use available technologies to assess, enhance, and maintain health-related and skill-related fitness.
- 4.8 The learner will analyze the relationship between physical activity and longevity.

## Course Standard 5

Exhibits responsible personal and social behavior that respects self and others in physical activity settings.

- 5.1 The learner will apply safe and appropriate care of equipment used in selected activities
- 5.2 The learner will demonstrate proper etiquette (area/equipment clean up) without distractions to others.
- 5.3 The learner will show respect for the diversity, strengths, and weaknesses of other learners.
- 5.4 The learner will use proper attire and exercise techniques when working out either inside or outside.

## Course Standard 6

Values physical activity for health, enjoyment, challenge, self-expression, and /or social interaction.

- 6.1 The learner will understand the role physical activity plays, in reducing the risk factor for disease, by maintaining appropriate health-related fitness components.
- 6.2 The learner will describe the life-long benefits of regular physical activity.
- 6.3 The learner will develop positive relationships with other students.

