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| **Q1** | **Core Standard Expectations** | **High School: Fitness and Conditioning I** |
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| WEEK 1 | Management Organization | Rules, Procedures, and Routines  Safety |
|  | Personal and Social Responsibility | Accept responsibility for personal safety and the safety of others when participating in any type of fitness and conditioning program.  Demonstrate cooperative, responsible, and positive behaviors during participation in all fitness and conditioning. |
|  | Fitness Principles and Concepts | Describe physical fitness  Describe the benefits associated with physical fitness  Name and describe the five components of health-related fitness  Differentiate between health-related fitness and skill-related fitness and identify activities for both  Identify three components of an effective health-related fitness program and describe the importance of each component  Examine sports and activities that lead to a high degree of fitness  Describe how one prepares for physical activity  Describe general safety guidelines for injury prevention  Identify the bio-mechanical principles which aid in preventing injuries  Identify common injuries and appropriate first aid techniques associated with physical activity  Describe proper dress and dress accordingly  Select appropriate equipment and use properly  Distinguish between fact and fallacies as related to fitness products, services, and marketing  List activities for personal plan |
|  | Personal Fitness Assessments | Establish baselines for personal flexibility  Establish baselines for personal strength  Establish baselines for personal cardiovascular fitness  Establish baselines for personal muscular endurance  Measure body composition  Establish baselines for Personal Fitness Plan  Construct a fitness profile |
|  | Fitness Activity | Demonstrate proper warm-up exercises  Demonstrate proper workouts focusing on the basic exercise principles and the FITT formula |
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| WEEK 2 | Management Organization | Rules, Procedures, and Routines  Safety |
|  | Personal and Social Responsibility | Accept responsibility for personal safety and the safety of others when participating in any type of fitness and conditioning program.  Demonstrate cooperative, responsible, and positive behaviors during participation in all fitness and conditioning. |
|  | Fitness Principles and Concepts | Describe physical fitness  Describe the benefits associated with physical fitness  Name and describe the five components of health-related fitness  Differentiate between health-related fitness and skill-related fitness and identify activities for both  Identify three components of an effective health-related fitness program and describe the importance of each component  Examine sports and activities that lead to a high degree of fitness  Describe how one prepares for physical activity  Describe general safety guidelines for injury prevention  Identify the bio-mechanical principles which aid in preventing injuries  Identify common injuries and appropriate first aid techniques associated with physical activity  Describe proper dress and dress accordingly  Select appropriate equipment and use properly  Distinguish between fact and fallacies as related to fitness products, services, and marketing  List activities for personal plan |
|  | Personal Fitness Assessments | Assess personal flexibility  Assess personal strength  Assess personal cardiovascular fitness  Assess personal muscular endurance  Assess body composition  Personal Fitness Plan  Construct a fitness profile |
|  | Fitness Activity | Execute proper warm-up exercises  Execute proper fitness workouts/routines focusing on the basic exercise principles and the FITT formula |
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| WEEK 3 | Management Organization | Rules, Procedures and Routines  Safety |
|  | Personal and Social Responsibility | Accept responsibility for personal safety and the safety of others when participating in any type of fitness and conditioning program.  Demonstrate cooperative, responsible, and positive behaviors during participation in all fitness and conditioning. |
|  | Fitness Principles and Concepts | Flexibility Benefits  Explain the benefits of good flexibility as it relates to certain professions  Describe the benefits of flexibility/stretching as it relates to health and wellness  Identify muscles that need the most stretching and the benefits associated with stretching each  Explain how range of motion (ROM) exercises are used to maintain the range of motion already present in joint  Describe how various stretching exercises increase your range of motion  Describe how principles of exercise apply to flexibility and incorporate principles into personal fitness plan  Using the FITT formula, describe the fitness target zones for flexibility and incorporate into personal fitness plan  F – frequency: Stretch daily if possible, perform ROM before and after exercise.  I – intensity: Muscle must be stretched beyond its normal length, do not stretch to the point of pain, erform slow, gentle stretches.  T – time: Each stretch should be held a minimum of 15 seconds, begin by stretching each muscle group once, add repetitions when appropriate.  T – type: Select type of activity to build a specific component of fitness or gain a specific benefit.  Apply safety guidelines when stretching  Warm-up with mild cardiovascular exercise prior to stretching.  Perform static stretching rather than ballistic.  Do not stretch joints that are hypermobile, unstable, swollen, or infected.  Do not stretch until you feel pain – “no pain, no gain” is wrong!  Start slowly and progress gradually |
|  | Personal Fitness Assessments | Assess personal flexibility  Personal Fitness Plan  Construct a fitness profile |
|  | Fitness Activity | Flexibility Exercises – 20 minutes each day of class  Incorporate flexibility exercises into personal fitness plan  Perform cardio warm-up  Perform flexibility exercises |
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| WEEK 4 | Management Organization | Rules, Procedures, and Routines |
|  | Personal and Social Responsibility | Accept responsibility for personal safety and the safety of others when participating in any type of fitness and conditioning program.  Demonstrate cooperative, responsible, and positive behaviors during participation in all fitness and conditioning. |
|  | Fitness Principles and Concepts | Strength Benefits  Describe the benefits of strength  Dispel several myths about strength training and explain why  Strength training will cause individuals to be “muscle-bound”.  Explain why teens must take special care when strength training  Identify the risks of using performance enhancing drugs  Name, describe, and demonstrate various types of strength training exercises(isometric – static; isotonic – dynamic; isokinetics; plyometrics; calisthenics; resistance/weight training)  Describe various types of resistance/weight training  Describe how principles of exercise relate to strength and incorporate principles into personal fitness plan  Identify PRE – progressive resistance exercises as the best way to develop strength  Using the FITT formula, describe the fitness target zones for strength (isotonic – resistance/weight training) and incorporate into personal fitness plan  F – frequency: every other day – 2-3 days a week  I – intensity: 60 to 75% of 1RM for 7-10 reps  T – time: 7-10 reps, 1 - 3 sets  T - type  Employ safety guidelines for strength training  Do not hold your breath.  Use spotters.  Avoid maximal lifts.  Learn and use proper form.  Never use weights carelessly.  Concentrate on technique.  Use weight amount that you can lift 7-10 repetitions.  Do not compete with weight training! It is not a contest! |
|  | Personal Fitness Assessments | Assess personal strength  Personal Fitness Plan  Construct a fitness profile |
|  | Fitness Activity | Strength Exercises – 30 minutes on alternate days/alternate with cardiovascular fitness  Incorporate strength training exercises into personal fitness plan  Perform cardio warm-up and stretch  Performstrength exercises |
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| WEEK 5 | Management Organization | Rules, Procedures, and Routines |
|  | Personal and Social Responsibility | Accept responsibility for personal safety and the safety of others when participating in any type of fitness and conditioning program.  Demonstrate cooperative, responsible, and positive behaviors during participation in all fitness and conditioning. |
|  | Fitness Principles and Concepts | Cardiovascular Fitness Benefits  Describe the benefits of cardiovascular fitness as it relates to health (i.e. cardiovascular system, respiratory system)  Explain the relationship between physical activity and good cardiovascular fitness  Differentiate between aerobic and anaerobic activity and give examples of each  Identify types of activities that increase the heart rate for a period of time  moderate to vigorous levels of exertion – at least 3 times per week for 20 minutes each time  Calculating target heart rate (THR)  (220 – age = MHR)  \_\_\_\_\_ x .60 for 60% workload (minimum)  \_\_\_\_\_ x .70 for 70% workload  \_\_\_\_\_ x .80 for 80% workload  \_\_\_\_\_ x .90 for 90% workload (maximum)  Describe how principles of exercise apply to cardiovascular fitness and incorporate principles into personal fitness plan  Using the FITT formula, describe the fitness target zones for cardiovascular fitness and incorporate into personal fitness plan  F – frequency:3 - 5 days a week  I – intensity:50-60% maximal effort  T – time:20+ continuous minutes  T - type  Identify safety precautions  Listen to your body.  Be careful during extreme temperatures.  Wear appropriate clothing and shoes. |
|  | Personal Fitness Assessments | Assess personal cardiovascular fitness  Personal Fitness Plan  Construct a fitness profile |
|  | Fitness Activity | Cardiovascular Fitness Activities – 30 minutes on alternate days/alternate with strength training  Incorporate cardiovascular activities into personal fitness plan  Perform cardiovascular activities and exercises  Introduce PACER |
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| WEEK 6 | Management Organization | Rules, Procedures, and Routines |
|  | Personal and Social Responsibility | Accept responsibility for personal safety and the safety of others when participating in any type of fitness and conditioning program.  Demonstrate cooperative, responsible, and positive behaviors during participation in all fitness and conditioning. |
|  | Fitness Principles and Concepts | Cardiovascular Fitness Benefits  Describe the benefits of cardiovascular fitness as it relates to health (i.e. cardiovascular system, respiratory system)  Explain the relationship between physical activity and good cardiovascular fitness  Differentiate between aerobic and anaerobic activity and give examples of each  Identify types of activities that increase the heart rate for a period of time  moderate to vigorous levels of exertion – at least 3 times per week for 20 minutes each time  Calculating target heart rate (THR)  (220 – age = MHR)  \_\_\_\_\_ x .60 for 60% workload (minimum)  \_\_\_\_\_ x .70 for 70% workload  \_\_\_\_\_ x .80 for 80% workload  \_\_\_\_\_ x .90 for 90% workload (maximum)  Describe how principles of exercise apply to cardiovascular fitness and incorporate principles into personal fitness plan  Using the FITT formula, describe the fitness target zones for cardiovascular fitness and incorporate into personal fitness plan  F – frequency:3 - 5 days a week  I – intensity:50-60% maximal effort  T – time:20+ continuous minutes  T - type  Identify safety precautions  Listen to your body.  Be careful during extreme temperatures.  Wear appropriate clothing and shoes. |
|  | Personal Fitness Assessments | Assess personal cardiovascular fitness  Personal Fitness Plan  Construct a fitness profile |
|  | Fitness Activity | Cardiovascular Fitness Activities – 30 minutes on alternate days/alternate with strength training  Incorporate cardiovascular activities into personal fitness plan  Perform cardiovascular activities and exercises  Introduce PACER |
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| WEEK 7 | Management Organization | Rules, Procedures, and Routines |
|  | Personal and Social Responsibility | Accept responsibility for personal safety and the safety of others when participating in any type of fitness and conditioning program.  Demonstrate cooperative, responsible, and positive behaviors during participation in all fitness and conditioning. |
|  | Movement Concepts | Muscular Endurance Benefits  Differentiate between muscular endurance, muscular strength, and cardiovascular fitness  Describe the benefits of muscular endurance as it relates to health and wellness  Describe the three types of muscles (smooth, cardiac, and skeletal), their functions, and locations  Describe how skeletal muscles work with the skeletal system to cause locomotion  Identify the various types of muscular endurance exercises  Describe how principles of exercise relate to muscular endurance and incorporate into personal fitness plan  Using the FITT formula, describe the fitness target zones for muscular endurance (isotonic/resistance weight training) and incorporate into personal fitness plan  F – frequency:3 – 7 times per week  I – intensity:20 – 50 % of the maximum you can lift at one time  T – time:1 – 3 sets of 11 – 25 reps for each exercise with 2 minute rests between sets  T – type  Incorporate safety guidelines into workout  Always warm-up and stretch.  Breathe normally. Do not hold your breath.  Start easy, and progress gradually.  Use good technique.  Always move through the full range of motion.  Exercise each specific muscle group.  Vary exercise routine. |
|  | Personal Fitness Assessments | Assess personal muscular endurance  Personal Fitness Plan  Construct a fitness profile |
|  | Fitness Activity | Muscular Endurance Exercises – addressed through strength training  Incorporate muscular endurance exercises into personal fitness plan  Perform cardio warm-up  Perform muscular endurance exercises |
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| WEEK 8 | Management Organization | Rules, Procedures, and Routines |
|  | Personal and Social Responsibility | Accept responsibility for personal safety and the safety of others when participating in any type of fitness and conditioning program.  Demonstrate cooperative, responsible, and positive behaviors during participation in all fitness and conditioning. |
|  | Movement Concepts | Factors that Influence Body Fatness/Body Composition  Identify factors that influence body fatness  Determine what a good level of body fat is in relation to health:  “underweight” and “overweight” in relation to “overfat” and “underfat”  body fat composition in males vs. females  Determine ways to control fat intake  Discuss myths about fat loss  Nutrition:  Identify the primary source and function of essential nutrients.  Identify the effect of diet on aerobic fitness, body composition, and long term health.  Describe the relationships between diet, exercise, and body composition.  Analyze the effectiveness of various diet programs.  Plan a balanced diet based on daily recommended U.S. dietary goals.  Follow and record planned diet for one week.  Design a weight reduction, maintenance, or gain program that combines exercise with diet.  Eating Disorders  Identify eating disorders and their effect on the body  Using the FITT formula, describe the diet/nutrition target zones for fat control and incorporate into personal fitness plan  F – frequency:  Eat 3 regular meals daily or 4 or 5 small meals.  Regular, controlled eating is best for losing fat.  Skipping meals and snacking is not effective.  I – intensity: To lose a pound of fat, you must eat 3,500 calories less than normal, to gain a pound of fat, you must eat 3,500 calories more than normal,to maintain current weight, you must keep the number of calories constant.  T – time: no quick weight loss recommendations – not to loose more than 1 – 2 pounds of weight per week  T- type:  Using the FITT formula, describe the physical activity/fitness target zones for fat control and incorporate into personal fitness plan.  F – frequency:Participate in physical activity daily,regular physical activity is best for losing fat, short or irregular physical activity does little for controlling body fat.  I – Intensity: To loose a pound of fat, you must use 3,500 calories more than normal, to gain a pound of fat, you must use 3,500 calories less than normal,to maintain your weight, you must keep your level of physical activity the same.  T – time: no quick weight loss recommendations – not to loose more than 1 – 2 pounds of weight per week  T – type |
|  | Personal Fitness Assessments | Assess body composition  Personal Fitness Plan  Construct a fitness profile |
|  | Fitness Activity | Assess Body Fat  Identify various ways to assess body fat – their pros and cons  Perform warm-up exercises  Perform Cardio and strengthening exercises/activities |
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| WEEK 9 | Management Organization | Rules, Procedures, and Routines |
|  | Personal and Social Responsibility | Accept responsibility for personal safety and the safety of others when participating in any type of fitness and conditioning program.  Demonstrate cooperative, responsible, and positive behaviors during participation in all fitness and conditioning. |
|  | Fitness Principles and Concepts | Develop and implement a comprehensive personal fitness plan that addresses all health related components of fitness  Incorporate flexibility exercises into personal fitness plan  Incorporate strength exercises into personal fitness plan  Incorporate cardiovascular fitness activities  Incorporate muscular endurance exercises  Determine personal activities employed to influence body fatness |
|  | Personal Fitness Assessments | Personal Fitness Assessments  Assess personal flexibility  Assess personal strength  Assess personal cardiovascular fitness  Assess personal muscular endurance  Assess body composition  Personal Fitness Plan  Construct a fitness profile  Evaluate and modify your program |
|  | Fitness Activity | Perform warm-up exercises  Perform flexibility exercises  Perform personal strength exercises  Perform cardiovascular exercises  Perform muscular endurance exercise |
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| **Q2** | **Core Standard Expectations** | **High School: Fitness & Conditioning I** |
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| WEEK 1 | Management Organization | Rules, Procedures, and Routines |
|  | Personal and Social Responsibility | Accept responsibility for personal safety and the safety of others when participating in any type of fitness and conditioning program.  Demonstrate cooperative, responsible, and positive behaviors during participation in all fitness and conditioning. |
|  | Fitness Principles and Concepts | Execute fitness and conditioning exercises and routines prescribed in personal fitness plan  Continue to incorporate flexibility exercises into personal fitness plan  Modify flexibility exercises as needed  Continue to incorporate strength exercises into personal fitness plan  Modify strength exercises as needed  Incorporate new cardiovascular fitness activities into personal fitness plan  Modify cardiovascular fitness activities as needed |
|  | Personal Fitness Assessments | Personal Fitness Assessments  Assess personal flexibility  Assess personal strength  Assess personal cardiovascular fitness  Assess personal muscular endurance  Assess body composition  Personal Fitness Plan  Construct a fitness profile  Evaluate and modify your program |
|  | Fitness Activity | Perform warm-up exercises  Strength Exercises - 30 minutes on alternate days/alternate with cardiovascular activities  Cardiovascular Fitness Activities - 30 minutes on alternate days/alternate with strength training |
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| WEEK 2 | Management Organization | Rules, Procedures, and Routines |
|  | Personal and Social Responsibility | Accept responsibility for personal safety and the safety of others when participating in any type of fitness and conditioning program.  Demonstrate cooperative, responsible, and positive behaviors during participation in all fitness and conditioning. |
|  | Fitness Principles and Concepts | Execute fitness and conditioning exercises and routines prescribed in personal fitness plan  Continue to incorporate flexibility exercises into personal fitness plan  Modify flexibility exercises as needed  Continue to incorporate strength exercises into personal fitness plan  Modify strength exercises as needed  Incorporate new cardiovascular fitness activities into personal fitness plan  Modify cardiovascular fitness activities as needed |
|  | Personal Fitness Assessments | Personal Fitness Assessments  Assess personal flexibility  Assess personal strength  Assess personal cardiovascular fitness  Assess personal muscular endurance  Assess body composition  Personal Fitness Plan  Construct a fitness profile  Evaluate and modify your program |
|  | Fitness Activity | Perform warm-up exercises  Strength Exercises - 30 minutes on alternate days/alternate with cardiovascular activities  Cardiovascular Fitness Activities - 30 minutes on alternate days/alternate with strength training |
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| WEEK 3 | Management Organization | Rules, Procedures, and Routines |
|  | Personal and Social Responsibility | Accept responsibility for personal safety and the safety of others when participating in any type of fitness and conditioning program.  Demonstrate cooperative, responsible, and positive behaviors during participation in all fitness and conditioning. |
|  | Fitness Principles and Concepts | Execute fitness and conditioning exercises and routines prescribed in personal fitness plan  Continue to incorporate flexibility exercises into personal fitness plan  Modify flexibility exercises as needed  Continue to incorporate strength exercises into personal fitness plan  Modify strength exercises as needed  Incorporate new cardiovascular fitness activities into personal fitness plan  Modify cardiovascular fitness activities as needed |
|  | Personal Fitness Assessments | Re-assess personal fitness assessments  Re-assess personal flexibility  Re-assess personal strength  Re-assess personal cardiovascular fitness  Re-assess personal muscular endurance  Re-assess body composition  Re-design comprehensive personal fitness plan to establish new routine/exercise  Construct a fitness profile/ modify profile  Evaluate and modify your program |
|  | Fitness Activity | Perform warm-up exercises  Strength Exercises - 30 minutes on alternate days/alternate with cardiovascular activities  Cardiovascular Fitness Activities - 30 minutes on alternate days/alternate with strength training |
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| WEEK 4 | Management Organization | Rules, Procedures, and Routines |
|  | Personal and Social Responsibility | Accept responsibility for personal safety and the safety of others when participating in any type of fitness and conditioning program.  Demonstrate cooperative, responsible, and positive behaviors during participation in all fitness and conditioning. |
|  | Fitness Principles and Concepts | Execute fitness and conditioning exercises and routines prescribed in personal fitness plan  Continue to incorporate flexibility exercises into personal fitness plan  Modify flexibility exercises as needed  Continue to incorporate strength exercises into personal fitness plan  Modify strength exercises as needed  Incorporate new cardiovascular fitness activities into personal fitness plan  Modify cardiovascular fitness activities as needed |
|  | Personal Fitness Assessments | Personal Fitness Assessments  Assess personal flexibility  Assess personal strength  Assess personal cardiovascular fitness  Assess personal muscular endurance  Assess body composition  Personal Fitness Plan  Construct a fitness profile  Evaluate and modify your program |
|  | Fitness Activity | Perform warm-up exercises  Strength Exercises - 30 minutes on alternate days/alternate with cardiovascular activities  Cardiovascular Fitness Activities - 30 minutes on alternate days/alternate with strength training |
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| WEEK 5 | Management Organization | Rules, Procedures, and Routines |
|  | Personal and Social Responsibility | Accept responsibility for personal safety and the safety of others when participating in any type of fitness and conditioning program.  Demonstrate cooperative, responsible, and positive behaviors during participation in all fitness and conditioning. |
|  | Fitness Principles and Concepts | Execute fitness and conditioning exercises and routines prescribed in personal fitness plan  Continue to incorporate flexibility exercises into personal fitness plan  Modify flexibility exercises as needed  Continue to incorporate strength exercises into personal fitness plan  Modify strength exercises as needed  Incorporate new cardiovascular fitness activities into personal fitness plan  Modify cardiovascular fitness activities as needed |
|  | Personal Fitness Assessments | Personal Fitness Assessments  Assess personal flexibility  Assess personal strength  Assess personal cardiovascular fitness  Assess personal muscular endurance  Assess body composition  Personal Fitness Plan  Construct a fitness profile  Evaluate and modify your program |
|  | Fitness Activity | Perform warm-up exercises  Strength Exercises - 30 minutes on alternate days/alternate with cardiovascular activities  Cardiovascular Fitness Activities - 30 minutes on alternate days/alternate with strength training |
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| WEEK 6 | Management Organization | Rules, Procedures, and Routines |
|  | Personal and Social Responsibility | Accept responsibility for personal safety and the safety of others when participating in any type of fitness and conditioning program.  Demonstrate cooperative, responsible, and positive behaviors during participation in all fitness and conditioning. |
|  | Fitness Principles and Concepts | Evaluate fitness and conditioning exercises and routines prescribed in personal fitness plan  Modify flexibility exercises as needed  Modify strength exercises as needed  Incorporate new cardiovascular fitness activities into personal fitness plan  Modify cardiovascular fitness and muscular/strength conditioning activities as needed |
|  | Personal Fitness Assessments | Re-assess personal fitness assessments  Re-assess personal flexibility  Re-assess personal strength  Re-assess personal cardiovascular fitness  Re-assess personal muscular endurance  Re-assess body composition  Re-design comprehensive personal fitness plan to establish new routine/exercise  Construct a fitness profile/ modify profile  Evaluate and modify your program |
|  | Fitness Activity | Perform warm-up exercises  Strength Exercises - 30 minutes on alternate days/alternate with cardiovascular activities  Cardiovascular Fitness Activities - 30 minutes on alternate days/alternate with strength training |
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| WEEK 7 | Management Organization | Rules, Procedures, and Routines  Safety |
|  | Personal and Social Responsibility | Accept responsibility for personal safety and the safety of others when participating in any type of fitness and conditioning program.  Demonstrate cooperative, responsible, and positive behaviors during participation in all fitness and conditioning. |
|  | Fitness Principles and Concepts | Implement personal fitness plan  Incorporate flexibility exercises into personal fitness plan  Modify flexibility exercises as needed  Incorporate strength exercises into personal fitness plan  Modify strength exercises as needed  Incorporate cardiovascular fitness activities  Modify cardiovascular fitness activities as needed  Incorporate muscular endurance exercises  Modify muscular endurance exercises as needed  Determine personal activities employed to influence body fatness |
|  | Personal Fitness Assessments | Assess personal flexibility through various flexibility exercises  Assess personal strength through various upper and lower body strength exercises  Assess personal cardiovascular fitness through various cardiovascular activities and exercises  Assess personal muscular endurance through various upper and lower body exercises  Assess body composition  Modify personal fitness plan as needed |
|  | Fitness Skills | Flexibility Exercises – 15-20 minutes each day of class  Strength Exercises - 30 minutes on alternate days /alternate with cardiovascular fitness  Cardiovascular Fitness Activities - 30 minutes on alternate days /alternate with strength training  Muscular Endurance Exercises - addressed through strength training |
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| WEEK 8 | Management Organization | Rules, Procedures, and Routines |
|  | Personal and Social Responsibility | Accept responsibility for personal safety and the safety of others when participating in any type of fitness and conditioning program.  Demonstrate cooperative, responsible, and positive behaviors during participation in all fitness and conditioning. |
|  | Fitness Principles and Concepts | Execute fitness and conditioning exercises and routines prescribed in personal fitness plan  Continue to incorporate flexibility exercises into personal fitness plan  Modify flexibility exercises as needed  Continue to incorporate strength exercises into personal fitness plan  Modify strength exercises as needed  Incorporate new cardiovascular fitness activities into personal fitness plan  Modify cardiovascular fitness activities as needed |
|  | Personal Fitness Assessments | Personal Fitness Assessments  Assess personal flexibility  Assess personal strength  Assess personal cardiovascular fitness  Assess personal muscular endurance  Assess body composition  Personal Fitness Plan  Construct a fitness profile  Evaluate and modify your program |
|  | Fitness Activity | Perform warm-up exercises  Strength Exercises - 30 minutes on alternate days/alternate with cardiovascular activities  Cardiovascular Fitness Activities - 30 minutes on alternate days/alternate with strength training |
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| WEEK 9 | Management Organization | Rules, Procedures, and Routines |
|  | Personal and Social Responsibility | Accept responsibility for personal safety and the safety of others when participating in any type of fitness and conditioning program.  Demonstrate cooperative, responsible, and positive behaviors during participation in all fitness and conditioning. |
|  | Fitness Principles and Concepts | Evaluate fitness and conditioning exercises and routines prescribed in personal fitness plan  Modify flexibility exercises as needed  Modify strength exercises as needed  Incorporate new cardiovascular fitness activities into personal fitness plan  Modify cardiovascular fitness and muscular/strength conditioning activities as needed |
|  | Personal Fitness Assessments | Re-assess personal fitness assessments  Re-assess personal flexibility  Re-assess personal strength  Re-assess personal cardiovascular fitness  Re-assess personal muscular endurance  Re-assess body composition  Re-design comprehensive personal fitness plan to establish new routine/exercise  Construct a fitness profile/ modify profile  Evaluate and modify your program |
|  | Fitness Activity | Perform warm-up exercises  Strength Exercises - 30 minutes on alternate days/alternate with cardiovascular activities  Cardiovascular Fitness Activities - 30 minutes on alternate days/alternate with strength training |
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