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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 fitnessDescribe the benefits associated with physical fitnessName and describe the five components of health-related fitnessDifferentiate between health-related fitness and skill-related fitness and identify activities for bothIdentify 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 fitnessDescribe how one prepares for physical activityDescribe general safety guidelines for injury preventionIdentify the bio-mechanical principles which aid in preventing injuriesIdentify common injuries and appropriate first aid techniques associated with physical activity Describe proper dress and dress accordinglySelect appropriate equipment and use properlyDistinguish between fact and fallacies as related to fitness products, services, and marketingList activities for personal plan |
|  | Personal Fitness Assessments | Establish baselines for personal flexibility Establish baselines for personal strengthEstablish baselines for personal cardiovascular fitness Establish baselines for personal muscular enduranceMeasure body composition Establish baselines for Personal Fitness Plan Construct a fitness profile |
|  | Fitness Activity  | Demonstrate proper warm-up exercisesDemonstrate 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 fitnessDescribe the benefits associated with physical fitnessName and describe the five components of health-related fitnessDifferentiate between health-related fitness and skill-related fitness and identify activities for bothIdentify 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 fitnessDescribe how one prepares for physical activityDescribe general safety guidelines for injury preventionIdentify the bio-mechanical principles which aid in preventing injuriesIdentify common injuries and appropriate first aid techniques associated with physical activity Describe proper dress and dress accordinglySelect appropriate equipment and use properlyDistinguish between fact and fallacies as related to fitness products, services, and marketingList activities for personal plan |
|  | Personal Fitness Assessments | Assess personal flexibility Assess personal strengthAssess personal cardiovascular fitness Assess personal muscular enduranceAssess body composition Personal Fitness Plan Construct a fitness profile |
|  | Fitness Activity  | Execute proper warm-up exercisesExecute 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 professionsDescribe 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 eachExplain how range of motion (ROM) exercises are used to maintain the range of motion already present in jointDescribe how various stretching exercises increase your range of motionDescribe how principles of exercise apply to flexibility and incorporate principles into personal fitness planUsing 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 stretchingWarm-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 classIncorporate flexibility exercises into personal fitness planPerform 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 strengthDispel 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 trainingIdentify 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 planIdentify PRE – progressive resistance exercises as the best way to develop strengthUsing 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 weekI – intensity: 60 to 75% of 1RM for 7-10 repsT – time: 7-10 reps, 1 - 3 sets T - typeEmploy 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 strengthPersonal 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 planPerform cardio warm-up and stretchPerformstrength 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 BenefitsDescribe 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 fitnessDifferentiate between aerobic and anaerobic activity and give examples of eachIdentify types of activities that increase the heart rate for a period of timemoderate to vigorous levels of exertion – at least 3 times per week for 20 minutes each timeCalculating 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 planUsing the FITT formula, describe the fitness target zones for cardiovascular fitness and incorporate into personal fitness plan F – frequency:3 - 5 days a weekI – intensity:50-60% maximal effortT – time:20+ continuous minutesT - typeIdentify safety precautionsListen 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 trainingIncorporate 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 BenefitsDescribe 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 fitnessDifferentiate between aerobic and anaerobic activity and give examples of eachIdentify types of activities that increase the heart rate for a period of timemoderate to vigorous levels of exertion – at least 3 times per week for 20 minutes each timeCalculating 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 planUsing the FITT formula, describe the fitness target zones for cardiovascular fitness and incorporate into personal fitness plan F – frequency:3 - 5 days a weekI – intensity:50-60% maximal effortT – time:20+ continuous minutesT - typeIdentify safety precautionsListen 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 trainingIncorporate 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 BenefitsDifferentiate between muscular endurance, muscular strength, and cardiovascular fitnessDescribe the benefits of muscular endurance as it relates to health and wellnessDescribe the three types of muscles (smooth, cardiac, and skeletal), their functions, and locationsDescribe how skeletal muscles work with the skeletal system to cause locomotionIdentify the various types of muscular endurance exercisesDescribe 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 weekI – intensity:20 – 50 % of the maximum you can lift at one timeT – time:1 – 3 sets of 11 – 25 reps for each exercise with 2 minute rests between sets T – typeIncorporate safety guidelines into workoutAlways 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 endurancePersonal Fitness Plan Construct a fitness profile |
|  | Fitness Activity | Muscular Endurance Exercises – addressed through strength training Incorporate muscular endurance exercises into personal fitness planPerform cardio warm-upPerform 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 CompositionIdentify factors that influence body fatnessDetermine 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. femalesDetermine ways to control fat intakeDiscuss myths about fat lossNutrition: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 DisordersIdentify eating disorders and their effect on the bodyUsing 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 weekT- 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 weekT – type  |
|  | Personal Fitness Assessments  | Assess body composition Personal Fitness Plan Construct a fitness profile |
|  | Fitness Activity  | Assess Body FatIdentify various ways to assess body fat – their pros and consPerform warm-up exercisesPerform 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 fitnessIncorporate flexibility exercises into personal fitness planIncorporate strength exercises into personal fitness planIncorporate cardiovascular fitness activitiesIncorporate muscular endurance exercisesDetermine personal activities employed to influence body fatness  |
|  | Personal Fitness Assessments  | Personal Fitness AssessmentsAssess personal flexibility Assess personal strengthAssess personal cardiovascular fitness Assess personal muscular enduranceAssess body composition Personal Fitness Plan Construct a fitness profileEvaluate and modify your program |
|  | Fitness Activity | Perform warm-up exercisesPerform flexibility exercises Perform personal strength exercisesPerform cardiovascular exercisesPerform 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 planModify strength exercises as neededIncorporate new cardiovascular fitness activities into personal fitness planModify cardiovascular fitness activities as needed |
|  | Personal Fitness Assessments  | Personal Fitness AssessmentsAssess personal flexibility Assess personal strengthAssess personal cardiovascular fitness Assess personal muscular enduranceAssess body composition Personal Fitness Plan Construct a fitness profileEvaluate and modify your program |
|  | Fitness Activity | Perform warm-up exercises Strength Exercises - 30 minutes on alternate days/alternate with cardiovascular activitiesCardiovascular 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 planModify strength exercises as neededIncorporate new cardiovascular fitness activities into personal fitness planModify cardiovascular fitness activities as needed |
|  | Personal Fitness Assessments  | Personal Fitness AssessmentsAssess personal flexibility Assess personal strengthAssess personal cardiovascular fitness Assess personal muscular enduranceAssess body composition Personal Fitness Plan Construct a fitness profileEvaluate and modify your program |
|  | Fitness Activity | Perform warm-up exercises Strength Exercises - 30 minutes on alternate days/alternate with cardiovascular activitiesCardiovascular 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 planModify strength exercises as neededIncorporate new cardiovascular fitness activities into personal fitness planModify cardiovascular fitness activities as needed |
|  | Personal Fitness Assessments  | Re-assess personal fitness assessmentsRe-assess personal flexibility Re-assess personal strengthRe-assess personal cardiovascular fitness Re-assess personal muscular enduranceRe-assess body composition Re-design comprehensive personal fitness plan to establish new routine/exerciseConstruct a fitness profile/ modify profileEvaluate and modify your program |
|  | Fitness Activity | Perform warm-up exercises Strength Exercises - 30 minutes on alternate days/alternate with cardiovascular activitiesCardiovascular 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 planModify strength exercises as neededIncorporate new cardiovascular fitness activities into personal fitness planModify cardiovascular fitness activities as needed |
|  | Personal Fitness Assessments  | Personal Fitness AssessmentsAssess personal flexibility Assess personal strengthAssess personal cardiovascular fitness Assess personal muscular enduranceAssess body composition Personal Fitness Plan Construct a fitness profileEvaluate and modify your program |
|  | Fitness Activity | Perform warm-up exercises Strength Exercises - 30 minutes on alternate days/alternate with cardiovascular activitiesCardiovascular 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 planModify strength exercises as neededIncorporate new cardiovascular fitness activities into personal fitness planModify cardiovascular fitness activities as needed |
|  | Personal Fitness Assessments  | Personal Fitness AssessmentsAssess personal flexibility Assess personal strengthAssess personal cardiovascular fitness Assess personal muscular enduranceAssess body composition Personal Fitness Plan Construct a fitness profileEvaluate and modify your program |
|  | Fitness Activity | Perform warm-up exercises Strength Exercises - 30 minutes on alternate days/alternate with cardiovascular activitiesCardiovascular 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 neededIncorporate new cardiovascular fitness activities into personal fitness planModify cardiovascular fitness and muscular/strength conditioning activities as needed |
|  | Personal Fitness Assessments  | Re-assess personal fitness assessmentsRe-assess personal flexibility Re-assess personal strengthRe-assess personal cardiovascular fitness Re-assess personal muscular enduranceRe-assess body composition Re-design comprehensive personal fitness plan to establish new routine/exerciseConstruct a fitness profile/ modify profileEvaluate and modify your program |
|  | Fitness Activity | Perform warm-up exercises Strength Exercises - 30 minutes on alternate days/alternate with cardiovascular activitiesCardiovascular Fitness Activities - 30 minutes on alternate days/alternate with strength training |
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| WEEK 7 | Management Organization  | Rules, Procedures, and RoutinesSafety  |
|  | 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 planIncorporate flexibility exercises into personal fitness planModify flexibility exercises as neededIncorporate strength exercises into personal fitness planModify strength exercises as neededIncorporate cardiovascular fitness activitiesModify cardiovascular fitness activities as neededIncorporate muscular endurance exercisesModify muscular endurance exercises as neededDetermine personal activities employed to influence body fatness  |
|  | Personal Fitness Assessments  | Assess personal flexibility through various flexibility exercisesAssess personal strength through various upper and lower body strength exercisesAssess personal cardiovascular fitness through various cardiovascular activities and exercisesAssess personal muscular endurance through various upper and lower body exercisesAssess body compositionModify personal fitness plan as needed |
|  | Fitness Skills  | Flexibility Exercises – 15-20 minutes each day of classStrength Exercises - 30 minutes on alternate days /alternate with cardiovascular fitnessCardiovascular Fitness Activities - 30 minutes on alternate days /alternate with strength trainingMuscular 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 planModify strength exercises as neededIncorporate new cardiovascular fitness activities into personal fitness planModify cardiovascular fitness activities as needed |
|  | Personal Fitness Assessments  | Personal Fitness AssessmentsAssess personal flexibility Assess personal strengthAssess personal cardiovascular fitness Assess personal muscular enduranceAssess body composition Personal Fitness Plan Construct a fitness profileEvaluate and modify your program |
|  | Fitness Activity | Perform warm-up exercises Strength Exercises - 30 minutes on alternate days/alternate with cardiovascular activitiesCardiovascular 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 neededIncorporate new cardiovascular fitness activities into personal fitness planModify cardiovascular fitness and muscular/strength conditioning activities as needed |
|  | Personal Fitness Assessments  | Re-assess personal fitness assessmentsRe-assess personal flexibility Re-assess personal strengthRe-assess personal cardiovascular fitness Re-assess personal muscular enduranceRe-assess body composition Re-design comprehensive personal fitness plan to establish new routine/exerciseConstruct a fitness profile/ modify profileEvaluate and modify your program |
|  | Fitness Activity | Perform warm-up exercises Strength Exercises - 30 minutes on alternate days/alternate with cardiovascular activitiesCardiovascular Fitness Activities - 30 minutes on alternate days/alternate with strength training |
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