



## Board/Authority Approved Course

### INTRODUCTION TO FITNESS 10

North Okanagan Shuswap	School District 83
Developed By: Rob Neid	Date Developed: May 8, 2018
School Name: Salmon Arm Secondary School – Sullivan Campus	Principal's Name: Mr. Rob MacAulay
Superintendent Approval Date:	Superintendent Signature:
Board/Authority Approval Date:	Board/Authority Chair Signature:
Course: Introduction to Fitness 10	Grade Level of Course: 10
Number of Course Credits: 4	Number of Hours of Instruction: 100 - 120

**Board/Authority Prerequisite(s):** Physical Health Education 9

**Special Training, Facilities, or Equipment Required:**

- All facilities and equipment are in place at SAS Sullivan – Weight Room, Gymnasium and Field.
- Students complete an initial orientation of the Weight Room prior to using the facility.

**Course Synopsis:**

Introduction to Fitness 10 equips Grade 10 students with the ability to properly and safely improve their Fitness in a manner that achieves their own personal fitness goals. In this course, students will be under the direction of the Teacher acting as Personal Trainer for each student within a class setting. Students will be evaluated on; following a training program, recording their training and reflecting on the experience through journaling. At the completion of this course, students will be ready to take on more responsibility regarding their personal Health, Fitness and wellness which they will have the opportunity to do in our higher level Fitness and Conditioning courses. Taking this course means adding a ninth

course to a student's schedule. Grade 10 students are eligible for our AM classes (before school) only and there are busses from the Sullivan Campus to the Jackson Campus that they can take prior to the start of class at Jackson.

### **Goals and Rationale:**

#### **Goals:**

- To introduce students to all components of fitness – Cardiovascular, Muscular Endurance, Muscular Strength, Flexibility and Body Composition.
- Students will develop an understanding of training the Components of Fitness by experiencing their effects on the body.
- To develop the fitness training habits of following and recording workouts, journaling, goal setting and fitness testing.

#### **Rationale:**

Fitness is in. Our students begin to become interested in Fitness as adolescents. This course is aimed at ensuring that interested grade 10 students receive proper and safe guidance and that they develop an appreciation for proper Fitness Training. Too often interested students join a Fitness Center in the Community and receive very little guidance and understanding leading to improper training which may lead to injury. Students who are successful in this course will be better prepared to advance to our higher level Fitness and Conditioning courses.

### **Aboriginal Worldviews and Perspectives:**

#### **Declaration of First Peoples Principles of Learning:**

- Experiential Learning – To learn by doing in a supportive, enthusiastic setting
- Holistic Learning – Although students will be guided in their training there is choice built in and the connection of Fitness to not only Physical but Mental, Emotional and Social wellness will be explored through individual goal setting.
- Exploration of one's Identity – Self-reflection through weekly journaling.
- Patience and Time – Fitness takes time. It is a slow and gradual process when done properly.

#### **Declaration of Aboriginal Worldviews and Perspectives:**

- Connectedness and Relationships – Students will work in partners, small and large group situations building relationships and connections with other students.
- Engagement with the Land – Class will happen outdoors regularly dependent on weather and will utilize the natural landscape for training.

## Course Name: INTRODUCTION TO FITNESS 10

### BIG IDEAS

Our personal fitness can be maintained or enhanced through participation in a variety of activities at different intensity levels.

Knowing how our bodies move and function helps us to stay safe during exercise.

Following proper training guidelines and techniques can help us to reach our health and fitness goals.

Making healthy choices can help us to reach our health and fitness goals.

### Learning Standards

Curricular Competencies	Content
<p><b>Students are expected to be able to do the following:</b></p> <p><b>Healthy and active living</b></p> <ul style="list-style-type: none"><li>• Participate daily in physical activities designed to enhance and maintain health components of fitness</li><li>• Identify, apply, and reflect on strategies utilized to pursue personal fitness goals</li><li>• Identify and describe the relationship between healthy eating, overall health, and performance in fitness activities</li><li>• Explain how developing competencies in fitness and conditioning activities can increase confidence and encourage lifelong participation in physical activities Human anatomy and physiology</li><li>• Identify and describe how muscles produce movement in different parts of the body and how to train those muscles</li><li>• Identify and describe the influences of different training styles on fitness results</li></ul> <p><b>Principles of training</b></p> <ul style="list-style-type: none"><li>• Develop and demonstrate appropriate exercise techniques for a variety of fitness activities</li><li>• Identify and describe how different types of fitness activities influence the muscular system and the cardiovascular system</li><li>• Demonstrate appropriate behaviours in different types of fitness activities and environments</li><li>• Apply safety practices in different types of fitness activities, for self and others</li></ul>	<p><b>Students are expected to know the following:</b></p> <ul style="list-style-type: none"><li>• Proper lifting, training and recording techniques</li><li>• How to reflect on their progress and learning through Journaling</li><li>• Ways to train the muscular and cardiovascular systems</li><li>• components of an exercise session — warm up — exercise portion — cool down</li><li>• Exercise safety and etiquette — breathing techniques — proper use of equipment and facilities — spotting and working out with a partner</li><li>• Ways to monitor and adjust physical exertion levels, including heart rate monitoring and percentage of 1 repetition maximum</li><li>• Principles of program design, including training principles to enhance personal fitness levels, such as the FITT principle, SAID principle, and specificity</li><li>• Effects of different types of fitness activities on the body — resistance training — cardiovascular endurance — flexibility</li><li>• Influences of food choices and eating patterns on physical performance</li></ul>

**Assessment Strategies:**

- Participation
- Log Book
- Journaling
- Workout Programming
- Workout Record Keeping
- Fitness Testing
- Goal Setting