

Bedford High School

Department of Physical Education and Health

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Course: # 9112 Grade 9 Fitness Concepts 1

Course Description

The course is an introduction to principles of exercise and activities needed to lead a healthy lifestyle. All students must successfully complete this course to graduate.

Performance Objectives – each student will:

- ❑ Define the four elements of fitness.
- ❑ Complete a pre-assessment of the four elements of fitness.
- ❑ Demonstrate the ability to determine target heart rate.
- ❑ Demonstrate the ability to determine body composition.
- ❑ Demonstrate the ability to determine muscular strength and endurance.
- ❑ Demonstrate the ability to determine flexibility.
- ❑ Utilize the technology in assisting fitness development.
- ❑ Complete a final personal cross training program.

Learning Experiences

- ❑ Complete the Prudential *Fitness gram*.
- ❑ Develop a conditioning routine.
- ❑ Participate in cooperative activities to develop team building and problem solving ability.
- ❑ Participate in a variety of physical activities to enhance health and wellness.
- ❑ Complete a final personal cross training program.

Course Evaluation

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| ❑ Class Participation | 40% |
| ❑ Skill Development | 25% |
| ❑ Quizzes/In-class assignments | 15% |
| ❑ Projects | 20% |

Course Materials

- ❑ Proper Attire for Participation (t-shirts, sweats, shorts, athletic footwear)
- ❑ Handouts, Fitness Room Logs