

Department: Physical Education

Course Name: FitMix

Course Description:

FitMix will enable students to obtain the knowledge and skills necessary to develop and maintain a health-enhancing level of fitness and to increase physical competence, self-esteem, and the motivation to pursue lifelong physical activity. This course will develop basic fitness and wellness skills, as well as behaviors necessary to build an individualized program that promotes fitness, preventive health care, and personal wellness. Students will gain an understanding of the components of health-related fitness, training principles, and the benefits of being physically active. The course will concentrate on various components of fitness, such as muscular strength, muscular endurance, core strength, cardiovascular endurance, flexibility, and healthy body composition. During class, students will participate in activities that will increase physical fitness levels and develop health practices that value physical activity and its contribution to lifelong fitness. Various theories of exercise and fitness to be explored will include but are not limited to: circuit training, HIIT workouts, Zumba, functional fitness training, aerobics, yoga, Pilates, dance, kickboxing, circuit training, various types of strength/weight training, running/jogging/power walking and recreational sports. Students will actively participate in activities at their own level with the opportunity to set their individualized fitness and lifestyle goals. Course work will also cover the basics of "good nutrition" and how it plays a role in personal fitness. Upon completion, students should be able to plan a personal, lifelong, fitness program based on their individual needs, abilities, and interests. During class, students will be properly masked at all times unless in engaged in strenuous, appropriately spaced activities.

Content:

Value physical activity for health, enjoyment, and/or social interaction
Achieving and maintaining a health-enhancing level of physical fitness
Motor skills and movement patterns needed to perform a variety of physical activities
Movement concepts, principles, strategies, and methods as they apply to various types of fitness and conditioning programs
Participate regularly in physical activity
Understand basic concepts of nutrition and maintaining a healthy diet
Explore various techniques in stress management
Goal setting and program planning
Class fieldtrip (a fee may be required to attend)

Skills:

Basic fitness and wellness skills as they relate to various forms of physical fitness

Text and Materials:

No text required
iPad or other electronic devices
Pen, Pencil, and Paper for note taking
Handouts and other course material provided
Clothing appropriate for physical activity
Athletic footwear is required
Mask
Refillable water bottle

Methods of Instruction

Participation in physical activity

Classroom discussion

Nearpod and other applications will be used as needed

Visual demonstrations

Fitness/exercise lectures and podcasts

Methods of Evaluation:

Class participation

Goal setting assignments

Critical review of fitness/exercise lectures and podcasts

*Fitness programming assignments

*Nutrition assessment assignments

*(Subject to change based on the pace of the class)

