



DEER VALLEY

Unified School District

Advanced Fitness Center

Students participating in the above physical education course will focus on fitness, strength training, physical conditioning, and lifetime health concepts. This course is structured to develop individualized knowledge of weight training and physical conditioning from beginning to the advanced student. The course requires mastery of training principles and thorough understanding of safety rules prior to participation in the weight room and/or fitness center. Strategies and instructional techniques are designed to improve muscular strength and endurance, flexibility, and cardiorespiratory endurance. Students will gain the necessary information and skills to implement a personal fitness and conditioning program. This includes skill- and health-related fitness components to achieve and maintain a health-enhancing level of physical fitness for a lifetime. Various training models will be presented that allow flexibility of instruction among diverse student needs. Students will continue to model and modify personal fitness and conditioning programs.

Motor Skill Development

AFC.1 The student will demonstrate mastery of movement skills and patterns used to perform a variety of strength training, physical conditioning, and fitness-based activities.

- a) Demonstrate proficiency in personal fitness (strength training, physical conditioning, and fitness activities) (S1.H1.L2) (S1.H2.L2) (S1.H3.L2) (S2.H2.L2) (S2.H3.L2) (S3.H1.L2) (S3.H2.L2) (S3.H3.L2) (S3.H5.L2) (S3.H6.L2) (S3.H7.L2) (S3.H10.L2) (S3.H11.L2) (S3.H14.L2) (S4.H1.L2) (S4.H2.L2) (S4.H4.L2) (S4.H5.L2) (S5.H1.L2) (S5.H2.L2) (S5.H4.L2)
 - Execution of appropriate basic and advanced skills,
 - Use of knowledge related to an activity to enhance performance,
 - Development of motor skills for a high level of participation,
 - Consistent and correct performance of skills,
 - Understanding motor cues and how to correct performance problems,
 - Displaying effort to learn and apply new skills,
 - Participating confidently with peers,
 - Applying skills to the development of a personal fitness program,
 - Possessing necessary physical fitness for vigorous participation,
 - Correct selection of appropriate exercises based on personal goals and ability.
- b) Explain the importance of and demonstrate proficiency in a variety of activities that contribute

- to improvement of each component of health-related and skill-related fitness. (S1.H1.L2) (S1.H3.L2) (S3.H1.L2) (S3.H7.L2) (S3.H12.L2)
- c) Demonstrate correct techniques, form, and exercise procedures when performing strength training, physical conditioning, and fitness activities and exercises. (S3.H5.L2) (S3.H7.L2) (S3.H10.L2) (S3.H12.L2)
- d) Describe and demonstrate a variety of assessment activities that contribute to the development and improvement of health- and skill-related fitness components and personal fitness goals. (S3.H10.L2)
- e) Apply movement principles and concepts to skill performance of strength training, physical conditioning, and fitness activities. (S1.H1.L2) (S1.H2.L2) (S1.H3.L2) (S3.H3.L2)

Anatomical Basis of Movement

AFC.2 The student will describe major body systems and explain the effects of physical activity on the systems.

- a) Describe the muscular system, including identification of the major muscles/muscle groups of the body and their function. (S3.H7.L2) (S3.H9.L2)
- b) Describe exercises/activities that increase the strength and flexibility of the muscular system. (S3.H7.L2) (S3.H9.L2)
- c) Explain the effects of physical activity and training on the muscular and cardiovascular systems. (S3.H6.L2) (S3.H7.L2) (S3.H9.L2) (S3.H10.L2) (S3.H11.L2) (S3.H12.L2)

Fitness Planning

AFC.3 The student will create a personal fitness and conditioning program for skill- and health-related components of fitness.

- a) Plan and describe a personal fitness and physical conditioning program that includes skill- and health-related fitness components to achieve and maintain a health-enhancing level of physical fitness for a lifetime. (S3.H4.L2) (S3.H6.L2) (S3.H7.L2) (S3.H8.L2) (S3.H11.L2) (S4.H5.L2)
- b) Design, monitor, assess, and modify a personal fitness and physical conditioning program. (S3.H4.L2) (S3.H6.L2) (S3.H7.L2) (S3.H8.L2) (S3.H11.L2) (S4.H5.L2) (S5.H3.L2)
- c) Apply principles of training for planning and modifying levels of physical activity in personal fitness and physical conditioning plans. (S3.H3.L2) (S3.H6.L2) (S3.H7.L2) (S3.H10.L2) (S3.H11.L2) (S4.H5.L2)
- d) Apply a variety of strength-training programs and design a personal strength training program. (S3.H6.L2) (S3.H7.L2) (S3.H11.L2) (S4.H5.L2)
- e) Analyze different activities and sports for their contributions to the development of specific health- and skill-related fitness components. (S3.H1.L2) (S3.H12.L2)
- f) Use technology to assess, improve, and maintain personal health- and skill-related fitness levels. (S3.H2.L2) (S3.H10.L2)
- g) Evaluate fitness and physical conditioning programs to make informed decisions about health-related products. (S4.H5.L2)

Social Development

AFC.4 The student will demonstrate social-competency skills in physical activity settings.

- a) Explain and demonstrate appropriate etiquette that exhibits respects for self and others within

- school and recreational fitness activity settings. (S4.H2.L2) (S4.H3.L2) (S4.H5.L2) (S5.H4.L2)
- b) Demonstrate safe practices, rules, and procedures in a physical activity setting. (S4.H2.L2) (S4.H3.L2) (S4.H5.L2) (S5.H4.L2)
- c) Explain the importance of inclusive and helpful behaviors in school and recreational fitness activity settings. (S4.H2.L2) (S4.H3.L2) (S4.H5.L2) (S5.H4.L2)
- d) Demonstrate and understand the importance of proper hygiene. (S4.H5.L2)

Energy Balance

AFC.5 The student will explain energy balance in relation to health-enhancing nutritional and activity practices.

- a) Analyze nutrient needs and sound nutritional practices associated with physical activity and fitness. (S3.H1.L2)
- b) Recognize the consequences and risks associated with an inactive lifestyle. (S3.H1.L2) (S3.H5.L2)
- c) Analyze the benefits gained from participation in strength training, conditioning, and fitness programs. (S3.H14.L2) (S4.H5.L2)
- d) Explain the role of nutrition and fitness in relation to weight management. (S3.H1.L2) (S3.H9.L2)
- e) Evaluate the risks of performance-enhancing (ergogenic) supplements. (S3.H5.L2) (S4.H5.L2)