Name of Course: PHYSICAL EDUCATION I - Required

Course Overview:
The students will participate in a six-part Fundamentals of Fitness unit during which they will learn the importance of health and skill related components of fitness. Team building initiatives will engage the students in activities that emphasize cooperation, group initiatives, problem solving and out of the ordinary games.

Units of Study	**Essential Questions**	**Topics**
FUNDAMENTALS OF FITNESS - The Miraculous You	• Define physical fitness and explain how it relates to total fitness? • Where could you go in the area to have your fitness levels tested and why it is important to have this done? • What is a hypokenetic disease and how can you prevent getting one? • What is preventative health? • What are some examples of a wellness programs and what benefits do employers see by offering these types of programs?	• Total Fitness • Physical Fitness • Health Fitness • Skill Fitness • Preventative Health
Skill and Health components to Physical Fitness	• What is the relationship of the skill related components to physical fitness? • What is the relationship of the five health related components to physical fitness?	• Skill Fitness Components • Health Fitness Components • Skill Fitness Testing
Body Composition	• What are the three body type classifications? • What are the different way to determining % body fat? • Explain the differences between muscle and fat?	• Measuring Body fat • Lean Body mass • Creeping Obesity • FITT Principle • Body Composition Testing

	• What are the health risks of having too much body fat? • What are the health risks of having too little body fat? • Explain the FITT Principle for burning excess body fat?	
Flexibility	• Define Flexibility and why is it important • Explain what stretch reflex? • Explain the phases of stretching using the (WS)2 method? • Explain the FITT Principle of Flexibility and how it is applied to maintaining or increasing ones level of flexibility.	• Types of Joints • Soft tissue of a joint • Flexibility Facts • Stretching Guidelines • Flexibility Testing
Cardiovascular Fitness	• What does the term Aerobic mean? • Identify where the best two locations to take your exercise pulse (heart rate) are? • What is the relationship of your Target Heart Rate to Cardiovascular fitness? • Explain the FITT Principle of Cardiovascular Fitness and how it is applied to maintaining or increasing ones level of fitness.	• Aerobic Fitness • Pulse Taking • Exploring Heart Rates • Effects of Training • Cardiovascular Testing

Muscular Fitness	• What is the difference between muscular strength and muscular endurance/ • Explain the difference between fast twitch muscle fibers and slow twitch muscle fibers. • What is an example of a muscular strength workout? • What is an example of a muscular endurance workout?	• Composition of Muscle Fibers • Types of Muscular Contractions • Muscular Strength • Muscular Endurance • Types of Muscular Exercises • Muscular Testing

	• Explain the FITT Principle of Muscular Fitness and how it is applied to maintaining or increasing ones level fitness.	