



Course Syllabus

PERSONAL FITNESS FOR LIFE

Code:	485010	NCAA Approval:	No
Level:	High School	QM Certified:	No
Duration/Credit:	0.5 Credit/Year	Textbook:	None
Prerequisites:	None	Materials:	None
Standards:	Personal Fitness for Life Arkansas Academic Standards	Technology:	VA Technology Requirements
Pacing Guide	485010 Personal Fitness For L...	Alignment Matrix:	Alignment Matrix

Course Introduction

Watch the [course introduction video](#) or read the [video transcript](#) for a brief introduction to the course.

Course Description

Personal Fitness for Life is a one-semester course designed to 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. 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. This course fulfills the PE requirement for graduation.

Course Level Objectives

The objectives for this course include the following:

- Demonstrate competency in a variety of motor skills and movement patterns.
- Apply knowledge of concepts, principles, strategies, and tactics related to movement and performance.
- Demonstrate the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.
- Exhibit responsible personal and social behavior that respects self and others.
- Recognize the value of physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

Course Participation Information

There are other pieces of important information about your participation in a Virtual Arkansas course. This information can be found in your course in the Virtual Arkansas Program Syllabus.