**Name of Course: PHYSICAL EDUCATION II - Required**

| **Course Overview:** |
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| This course is a continuation of PE I program. Students will use information learned in PE I and put it into practice. Students will participate in an individual fitness program where they will set goals based on fitness test results and then participate in an exercise program to demonstrate that they can use the information to better there personal overall health. |

| **Units of Study** | **Essential Questions** | **Topics** |
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| Muscular Fitness | • What is your current level of muscular fitness? Can you determine your muscular fitness needs from your test results? Can you fill in the F.I.T.T principle for increasing muscular fitness?<br>• Explain how you used the principle of progression and the overload theory.<br>• | • F.I.T.T. Principle<br>• Goal Writing<br>• Progression/Overload<br>• Muscular fitness testing |
| Flexibility | • What is your current level of flexibility?<br>• How do I fill in the F.I.T.T. Principle for flexibility?<br>• Can you determine your flexibility needs from your test results? | • F.I.T.T. Principle<br>• Goal Writing<br>• Progression/Overload<br>• Flexibility testing |
| Cardiovascular Fitness | • What is your current level of CV fitness?<br>• How do you fill in the F.I.T.T principle for CV fitness?<br>• Can you determine your CV needs from your test results? | • F.I.T.T. Principle<br>• Goal Writing<br>• Progression/Overload<br>• CV Testing |
| Body Composition | • What is your current Body Composition? | • F.I.T.T. Principle<br>• Goal Writing |

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| | • Can you determine your needs for body composition?<br>• How does muscular fitness play a part in body composition?<br>• What role does nutrition have on my body composition? | • Progression/Overload<br>• Body Composition Testing |
| Implementation Personal Fitness Program | • How can you tell if your program a success?<br>• What are the benefits of a fitness program?<br>• | • Weight Training<br>• Flexibility Training<br>• Cardiovascular Training |