**W.H.S. Personal Fitness**

**Syllabus**

**Course Description:**

This course investigates the value of fitness in daily life, examines methods of assessing personal fitness levels, and develops the ability to plan an individualized fitness program. Emphasis is placed on the personal development of fitness, with a goal to improve levels of fitness during the course. The personal fitness program will incorporate the health related components of physical fitness. Classroom days will be on Tuesdays and Thursdays while fitness and lab days will be on Mondays, Wednesdays, and Fridays (subject to change based on the school week).

**Course Objectives:**

* Participate in fitness assessments and appropriate health-related fitness activities.
* Use fitness assessment results to establish goals for all five health related fitness component areas.
* Develop a personal fitness plan designed to attain stated fitness goals.
* Implement personal fitness plan and assess outcomes following a period of training.
* Pursue physical activities that promote health related fitness, relieve tension, and control weight in both school and non-school settings.
* Analyze how activity participation patterns change throughout life and express strategies to deal with these changes.
* Exhibit a level of competency, advancing to a level of proficiency in a particular skill.
* Successfully participate in the Fitness Gram assessment.
* Improve cardiovascular endurance through running, walking, and other cardiovascular activities.
* Improve agility skills, flexibility, strength, and endurance by participating in appropriate activities.

**Grading:**

Fitness Participation & Effort: 50%

Classwork: 20%

Assessments (Midterm & Final): 30%

\*All policies and procedures located in the WHS P.E. Policy apply to Personal Fitness

\* 2 No Dresses will result in an automatic failure and possible removal from class with an F