Dickinson High School

**Foundations of Personal Fitness**

Earl Ricicar

ericicar@dickinsonisd.org

281-229-6552

**Conference**: M, T, TH, F: 8:15am-9:05 am/W: 8:10am-8:55 am

**Foundations of Personal Fitness Overview:**

One semester lecture based course designed for all students who seek to understand the concepts of a healthy lifestyle through physical activity and nutrition.

**Grading Procedures**:

Grades will be composed of daily activities, quizzes, lab activities, skills, projects, and tests. Students are required to bring materials to class daily. Note taking is an integral part of daily activities.

 50% - Curriculum Based Assessment / Participation

 50% - Tests

**Required Materials:**

Blue or Black Ink Pens and Pencils

Lab notebook to be used as an Interactive Notebook. This will be checked periodically for a grade. Students will be required to bring materials to class daily.

**Discipline**:

Students are expected to follow the rules as prescribed in the student handbook. All DISD and DHS discipline procedures will be followed and observed.

**Cell Phones:**

Cell phones are not allowed to be out in class unless instructed. They will be taken up at the beginning of class.

**Food/Drinks**

Food or drinks will not be allowed in the classroom.

**Labs:**

Labs will be conducted in the training room or weight room located in the field house.

Class will be based on lecture, PowerPoint, activities, labs, daily grades, quizzes and tests.

**References**:

*Foundations of Personal Fitness (2005). Don L. Rainey and Tinker D. Murray.*

The book will be used to guide the class. Handouts will be utilized to for the content.

**Syllabus:**

Through the course of the year, the student should gain knowledge in the following domains (not in order of coverage):

1. Physical Activity and Personal Fitness

*The student will differentiate between physical activity, exercise, and health while recognizing risk factors and developing a positive fitness attitude.*

1. Safety and Injury Prevention

*The student will understand how to screen before physical activity and how to prevent further injury by understanding environmental factors and safety gear.*

1. Designing a Personal Fitness Program

*The student will design a proper personal fitness program.*

1. Nutrition and Your Personal Fitness

*The student will understand the importance of nutrition and how it relates to performance.*

1. Your Body Composition

*The student will learn how to measure body composition and use it to evaluate personal fitness and adapt programs accordingly.*

1. Maintaining a Healthy Body Weight

*The student will understand the way body weight and image effects a healthy lifestyle.*

1. Basics of Cardiorespiratory Endurance

*The student will understand the Cardiorespiratory system and differentiate between aerobic and anaerobic physical activities.*

1. Developing Cardiorespiratory Endurance

*The student will demonstrate how to evaluate and adapt Cardiorespiratory endurance by using aerobic activities.*

1. Basics of Resistance Training

*The student will understand the skeletal muscular system and differentiate between the different types of resistance training.*

1. Developing Muscular Fitness

*The student will demonstrate how to evaluate and adapt muscular fitness by using resistance training.*

1. Basics of Flexibility

*The student will demonstrate how to evaluate and increase flexibility through various activities.*

1. Personal Fitness Throughout Life

*The student will understand the importance of maintaining fitness throughout life and how to develop goals based off the needs of the student.*

\*All matters are subject to change at the teacher’s discretion.