

**South Hadley High School**  
"A Tradition of Excellence"

*We pledge to create a challenging and supportive academic community in which each member strives to develop his/her potential, to become a life-long learner, and to act as a responsible citizen in a diverse and global society.*

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**Personal Fitness Syllabus**

<b>Course Description / Prerequisites</b>
<b>0402 Personal Fitness (semester)</b>  In this class, students will learn the components of fitness. This will include, guidelines for exercise, principles of training, muscular fitness, cardiovascular fitness, flexibility, and nutrition. Students will take part in fitness testing and learn how to evaluate their performance. Students will design their own workout program to be implemented over the course of the semester to help improve or better their fitness scores.
<b>Course Objectives / Outcomes / Expectations/ Topics</b>
Upon successful completion of this fitness unit, the student should be able to:  <ol style="list-style-type: none"><li>1. Define physical fitness</li><li>2. Explain the benefits of exercise</li><li>3. Identify the five health and skill-related components of physical fitness</li><li>4. Perform activities to help improve their flexibility, muscular endurance, muscular strength, body composition, and cardiovascular system.</li><li>5. Develop and utilize personal programs and set goals</li><li>6. Gain an understanding of body systems (skeletal, muscular, cardiovascular)</li><li>7. Discuss the principles of training</li><li>8. Evaluate their level of fitness</li><li>9. Identify their heart rate and target heart rate</li><li>10. Gain an understanding of body composition and weight control</li><li>11. Discuss the importance of healthy eating, nutrition</li></ol>
<b>South Hadley High School's Learning Expectations</b>
<ul style="list-style-type: none"><li>❖ Read, write and communicate effectively.</li><li>❖ Study and work productively both independently and in groups.</li><li>❖ Demonstrate personal, social and civic responsibility.</li><li>❖ Acquire, apply, integrate, analyze, and synthesize knowledge.</li><li>❖ Understand and apply the principles of health and wellness.</li><li>❖ Identify and apply appropriate technologies.</li><li>❖ Take responsibility for career and life choices.</li></ul>
<b>Text and Resources Required</b>
Williams, Charles, S., Harageones, Emmanouel, G., Johnson, Dewayne, J., & Smith, Charles, D. (1995). Personal Fitness: Look good, feel good. Kendall/Hunt Publishing Co: Iowa.
<b>Course Assessments</b>
<ul style="list-style-type: none"><li>❖ Four fitness articles throughout the term</li><li>❖ Individual and peer assessments</li><li>❖ Students will be graded on their effort and not their performance</li><li>❖ Chapter quizzes and tests</li></ul>