

Wyoming Department of Education Required Virtual Education Course Syllabus

BIG HORN COUNTY SCHOOL DISTRICT #1

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| Program Name | WYCA | Content Area | Physical Education |
| Course ID | CAPE76900 | Grade Level | 9, 10, 11, 12 |
| Course Name | Personal Fitness | # of Credits | 0.5 |
| SCED Code | 08005G0.5011 | Curriculum Type | Connections Academy |

COURSE DESCRIPTION

In this course, the student will study physical fitness and a variety of health-related topics. The student will gain an understanding of the proper ways to exercise and diet, and will learn how to assess his own fitness level. The student will learn what fitness can do and how to attain the highest possible fitness level.

WYOMING CONTENT AND PERFORMANCE STANDARDS

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| PE 12.1.1 | Students demonstrate combined movement skills and patterns in specialized settings. |
| PE 12.1.3 | Students demonstrate specialized skills in individual, dual, or lifetime activities. |
| PE 12.1.5 | Students apply specialized tactical concepts and performance principles in individual, dual, or lifetime activities. |
| PE 12.1.6 | Students evaluate specialized skills used by self/others in team activities. |
| PE 12.1.7 | Students evaluate specialized skills used by self/others in individual, dual, or lifetime activities. |
| PE 12.2.1 | Students create, monitor, and evaluate a personal plan using current levels of fitness and physical activity. |
| PE 12.2.2 | Students evaluate the health benefits of a variety of physical activities. |
| PE 12.2.3 | Students create, monitor, and evaluate a plan applying the principles and components of health-related fitness. |
| PE 12.2.4 | Students engage in a variety of physical activities that will enhance health-related fitness (inside and/or outside of school). |
| PE 12.3.1 | Students demonstrate leadership by holding self and others responsible for following safe practices, rules, procedures, and etiquette in physical activity settings. |
| PE 12.3.2 | Students initiate responsible personal social behavior and positively influence the behavior of others in physical activity settings. |
| PE 12.3.3 | Students use physical activity to promote personal growth, goal setting, and enjoyment. |
| PE 12.3.4 | Students pursue physical activities that promote self-expression and provide opportunities for social and group interaction. |

SCOPE AND SEQUENCE

| UNIT OUTLINE | STANDARD# | OUTCOMES |
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| <p>Unit 1: Fitness Awareness and Understanding: In this unit, you will learn about the importance of fitness and be able to describe your fitness level. Topics covered include the five health-related factors and the six skill-related factors. You'll be able to define and perform a series of fitness tests to evaluate cardiovascular fitness, muscle endurance, and flexibility.</p> | PE 12.1.1, PE 12.1.3, PE 12.1.5, PE 12.1.6, PE 12.1.7, PE 12.2.1, PE 12.2.2, PE 12.2.3, PE 12.2.4, PE 12.3.1, PE 12.3.2, PE 12.3.3, PE 12.3.4 | <ul style="list-style-type: none"> •Students will explain the principles of overload, progression, and specificity. •Students will learn how to plan their own exercise sessions, including the warm-up and cool down. •Students will examine flexibility, including the different kinds of joints, and how to apply principles to flexibility. |
| <p>Unit 2: Cardiovascular Fitness: In this unit, you will be able to define cardiovascular fitness, describe the functioning of the cardiovascular system, and will be familiar with the major structural features of the heart. You will learn about blood pressure, the respiratory process, features of the lungs, benefits of aerobic exercise, the types of muscle fibers, how to develop cardiovascular fitness and muscular strength and endurance, oxygen transport, how blood is carried, and body fat.</p> | PE 12.1.1, PE 12.1.3, PE 12.1.5, PE 12.1.6, PE 12.1.7, PE 12.2.1, PE 12.2.2, PE 12.2.3, PE 12.2.4, PE 12.3.1, PE 12.3.2, PE 12.3.3, PE 12.3.4 | <ul style="list-style-type: none"> •Students will examine the impact of cardiovascular fitness. •Students will explore, identify, and analyze the cardiovascular system, and will identify and explain impact of blood pressure and various cardiovascular processes. •Students will identify the benefits of aerobic exercise. |
| <p>Unit 3: Nutrition: You will learn about the best food sources for the six major nutrients as well as the basic food groups to optimize your health benefits. Sports nutrition myths are debunked. Other topics include: hydration, weight control, fad diets, eating disorders, and the effect of stress.</p> | PE 12.2.2, PE 12.3.1, PE 12.3.2, PE 12.3.3, PE 12.3.4 | <ul style="list-style-type: none"> •Students will identify and discuss the six major nutrients, as well as basic food groups to enhance one's health. •Students will identify and debunk common health myths, and determine steps to overall fitness. •Students will examine and explain the importance proper weight control, dieting, and the impact of stress on overall health. |
| <p>Unit 4: Designing Your Personal Exercise Program: You will learn about common exercises and how to avoid injuries. You will learn how to track your progress and as well as how to reach specific goals. This program design will improve a) cardiovascular endurance, b) muscular strength and endurance, and c) promote positive changes in flexibility.</p> | PE 12.1.1, PE 12.1.3, PE 12.1.5, PE 12.1.6, PE 12.1.7, PE 12.2.1, PE 12.2.2, PE 12.2.3, PE 12.2.4, PE 12.3.1, PE 12.3.2, PE 12.3.3, PE 12.3.4 | <ul style="list-style-type: none"> •Students will identify and examine common exercises and discuss ways in which to prevent injuries. •Students will use a personal fitness tracking program to identify fitness goals and monitor one's health progress. |