

Wyoming Department of Education Required Virtual Education Course Syllabus

Natrona County School District # 1

Program Name	Natrona Virtual Academy	Content Area	PE
Course ID	NCV08001.22	Grade Level	9,10,11,12
Course Name	Physical Fitness	o Credits	.5
SCE Code	08001G0.5022	Curriculum Type	Odysseyware

COURSE DESCRIPTION

Physical Fitness is a semester-length PE course designed for high school students. The course focuses on the health benefits of regular physical activity and of long term exercise program.

WYOMING CONTENT AND PERFORMANCE STANDARDS

STANDARD#	BENCHMARK (Standard/Indicator) Use the Standards and Benchmarks as Spreadsheets
P 12.1.1	Students demonstrate combined movement skills and patterns in specialized settings.
P 12.1.3	Students demonstrate specialized skills in individual, dual, or lifetime activities.
P 12.1.5	Students apply specialized tactical concepts and performance principles in individual, dual, or lifetime activities.
P 12.1.7	Students evaluate specialized skills used by self/others in individual, dual, or lifetime activities.
P 12.2.1	Students create, monitor, and evaluate personal plan using current levels of fitness and physical activity.
P 12.2.3	Students create, monitor, and evaluate a plan applying the principles and components of health-related fitness.
P 12.2.4	Students engage in variety of physical activities that will enhance health-related fitness (inside and/or outside of school).
P 12.3.1	Students demonstrate leadership by holding self and others responsible for following safe practices, rules, procedures, and etiquette in physical activity settings.
P 12.3.3	Students use physical activity to promote personal growth, goal setting, and enjoyment.

SCOPE AND SEQUENCE

UNIT OUTLINE	STANDARD#	OUTCOMES OBJECTIVES/STUDENT CENTERED GOALS
Unit 1: AN OVERVIEW OF FITNESS	P 12.2.1, P 12.3.3	<p>Identify the three main ways to determine if a person is actually physically fit. Identify how weight affects physical fitness. Identify some of the main reasons why many Americans do not exercise regularly. Recognize the unique health benefits of exercise. Identify the main ways exercise improves physical health.</p> <p>Recognize some of the benefits of regular exercise. Identify the main ways exercise improves mental and emotional health.</p> <p>Recognize the positive benefits of an improved mental and emotional state of an individual. Recognize the basic components of food, including carbohydrates, proteins, and fats. Identify how the basic components of food work to affect health.</p> <p>Recognize the additional nutritional components of vitamins and water. Determine your own waist-to-hip ratio. Determine your own daily calorie needs. Identify two common eating disorders. Identify what types of foods should be included in a healthy meal. Determine healthy portion sizes of food. Identify what types of foods should be included in a healthy meal. Determine healthy portion sizes of food. Identify what types of foods should be included in a healthy meal. Determine healthy portion sizes of food. Identify what types of foods should be included in a healthy meal. Determine healthy portion sizes of food. Identify the basic components of healthy meals. Demonstrate knowledge of healthy food planning.</p>
Unit 2: FLEXIBILITY TRAINING	P 12.1.1, P 12.1.3 , P 12.2.4, P 12.3.3	<p>Recognize the difference between activities of daily living and planned exercise activities. Identify the advantages of using an activity log. Identify the basic components of the activity log.</p> <p>Demonstrate recording physical activity into the activity log. Identify the specific</p>

		<p>ways that warm-ups and cool-downs influence the parts of the body. Recognize the health benefits of warm-ups and cool-downs. Identify the main criteria that make an activity count as exercise. Recognize the ways that stretching and flexibility activities meet the criteria of exercise. Identify some of the main health benefits of stretching. Participate in relaxing stretching activity. Perform two standard flexibility tests.</p> <p>Determine individual flexibility levels and needs based on the results of the tests. Recognize the three main types of stretching motions. Identify the correct way to breath during stretching activities. Understand the difference between static and dynamic stretching. Perform ten upper body flexibility exercises. Perform ten lower body flexibility exercises. Perform three whole body flexibility exercises.</p>
<p>Unit 3: CARDIOVASCULAR FITNESS</p>	<p>P 12.1.1 , P 12.1.3, P 12.2.4, P 12.3.3</p>	<p>Recognize the main components of cardiovascular fitness. Identify the role of oxygen in cardiovascular exercise. Experience set of cardiovascular exercises. Identify the specific ways that cardiovascular exercise affects the heart, lungs, and blood vessels. Recognize the main health benefits of cardiovascular fitness. Perform two standard cardiovascular fitness tests. Determine individual cardiovascular fitness levels and needs based on the results of the tests. Recognize how intensity and duration relate to one another in an exercise workout. Determine a personal target heart rate range. Perform various intensity walking drills. Demonstrate the use of intensity monitoring during these exercise sets. Perform varying intensity wind sprint drills. Demonstrate the use of intensity monitoring during these exercise sets. Recognize the way the body uses fat as an energy storage unit. Identify the ways that cardiovascular exercise can be modified for weight reduction issues. Explain the role and</p>

		<p>scope of exercise in weight maintenance and loss.</p>
<p>Unit 4: RESISTANCE TRAINING</p>	<p>P 12.1.1, P 12.1.3 , P 12.2.4 , P 12.3.3</p>	<p>Recognize the main components of muscular fitness training. Identify the difference between muscular strength and muscular endurance. Recognize what effect the lack of conditioning has on a muscle. Identify the main benefits of muscular fitness training. Recognize different types of muscular fitness training. Identify the main precautions necessary when doing resistance training. Perform two standard muscular fitness tests. Determine individual muscular fitness levels and needs based on the results of the tests. Recognize the main principles behind muscular fitness training. Identify the basic formats of weight maintenance training, muscular strength training, and muscular endurance training. Perform ten upper body resistance exercises. Identify specific exercises that strengthen the upper body muscles. Demonstrate the correct execution of the exercise to an instructor. Perform ten lower body resistance exercises. Identify specific exercises that strengthen the lower body muscles. Demonstrate the correct execution of the exercise to an instructor. Perform six core body resistance exercises. Identify specific exercises that strengthen the core body muscles. Demonstrate the correct execution of the exercises to an instructor. Review 2 muscle resistance exercises. Create a personal exercise program. Demonstrate the correct execution of 1 exercises to an instructor.</p>
<p>Unit 5: MOTIVATION AND MINDSET</p>	<p>P 12.1.7, P 12.2.3, P 12.2.4, PE 12.3.1 , P 12.3.3</p>	<p>Recognize the main components of a realistic exercise mindset. Identify how a realistic mindset can be used. Describe the variations in intensity and progression in an exercise program. Describe how failure can be a positive part of progressing in an exercise</p>

		<p>program. Recognize both the need to adjust an exercise routine over time and the signs that indicate this need. Identify the main ways to adjust the intensity of various components of exercise. Perform and complete 40 minute exercise session X 5 . Recognize the causes of overuse injuries. Identify the main ways to prevent and recover from overuse injuries. Recognize the steps required to safely re-start an exercise routine after break. Identify the main ways to prevent and recover from an exercise plateau. Recognize that thought patterns influence motivation. Identify the main ways to adjust thought processes to help create motivated behavior. Learn the signs and symptoms of discouragement in order to overcome it. Identify the main strategies that can be used to increase or maintain exercise motivation and consistency. Recognize the basic components of these strategies. Identify a personal obstacle to successful exercise. Demonstrate understanding of a success strategy by applying it to personal obstacle.</p>
Unit 6: COURSE REVIEW AND EXAM	P 12.1.5 , P 12.1.7, P 12.3.3,	Student will review and reinforce concepts from Units 1-5 in the Physical Fitness course in preparation for the course exam.