

Florida Department of Education

COURSE DESCRIPTION - GRADES 9-12, ADULT

Subject Area: Physical Education

Course Number: 1501300

Course Title: Personal Fitness

Credit: 0.5

Will meet graduation requirements for Physical Education

- A. Major Concepts/Content.** The purpose of this course is to (a) acquire knowledge of physical fitness concepts (b) understand the influence of lifestyle on health and fitness, and (c) begin to develop an optimal level of fitness.

The content should include, but not be limited to, the following:

- safety practices
- technology applications
- assessment of health-related fitness
- components of physical fitness
- health problems associated with inadequate fitness levels
- psychological values of physical fitness, including stress management
- evaluation of physical activities in terms of fitness value
- fitness program design
- biomechanical and physiological principles and their application to maintaining and improving health-related physical fitness
- nutrition
- consumer issues
- benefits derived from participation in physical activity

This course shall integrate the Goal 3 Student Performance Standards of the Florida System of School Improvement and Accountability as appropriate to the content and processes of the subject matter.

- B. Special Note.** This is not an interscholastic extracurricular activity.

Enrollment in physical education classes should be consistent with the requirements of Title IX of the Education Amendments of 1972 and with the Florida Educational Equity Act.

- C. Course Requirements.** These requirements include, but are not limited to, the benchmarks from the Sunshine State Standards that are most relevant to this course. Benchmarks correlated with a specific course requirement may also be addressed by other course requirements as appropriate. Some requirements in this course are not addressed in the Sunshine State Standards.

After successfully completing this course, the student will:

- 1. Apply knowledge of safety practices to participation in activities that promote physical fitness.**
 - PE.B.2.4.1 know risks and safety factors that may affect physical activity throughout life.
 - PE.C.1.4.2 know how to modify games and activities to allow for participation of students with special needs (e.g., physical disabilities).
(**Note:** This course addresses modification of fitness-related activities only.)
- 2. Demonstrate understanding of the components of physical fitness.**
- 3. Apply knowledge of technology to facilitate personal fitness.**
 - PE.B.1.4.3 use technology to assess, enhance, and maintain fitness and skills.
- 4. Demonstrate understanding of health problems associated with inadequate fitness levels.**
 - PE.A.3.4.1 know that physical activity reduces certain health risk factors.
 - PE.A.3.4.4 know the role of physical activity in the prevention of disease and the reduction of health-care costs.
- 5. Evaluate and select physical activities according to fitness value.**
 - PE.A.3.4.5 evaluate the effectiveness and use of community resources related to fitness.
- 6. Design and implement a fitness program that meets individual needs and interests.**
 - PE.A.2.4.3 know how to evaluate one's own skilled performances.

- PE.B.1.4.2 know how to apply the results of fitness assessments to guide changes in a personal program of physical activity and develop a training and conditioning program that enhances individual health-related needs.
- PE.B.1.4.5 know how to make changes in an individual wellness plan as lifestyle changes occur.

7. Demonstrate understanding of correct biomechanical and physiological principles related to exercise and training.

- PE.A.2.4.1 understand how the laws of motion apply to the acquisition and improvement of skills.
- PE.A.2.4.2 know how to analyze, evaluate, and implement the mechanical principles of balance, force, and leverage that apply directly to self-selected activities.
- PE.B.1.4.1 know how to maintain appropriate levels of cardiovascular fitness, muscular strength and endurance, flexibility, and body composition necessary for a healthy lifestyle.

8. Exhibit an improved level of health-related fitness.

- PE.A.1.4.1 demonstrate competency or proficiency in self-selected activities.
- PE.B.1.4.4 maintain and improve motor skills and knowledge necessary for participation in beneficial physical activity.
- PE.C.2.4.2 participate in games, sports, dances, outdoor pursuits, and other physical activities that contribute to the attainment of personal goals and maintenance of wellness.

9. Describe the relationship of individual lifestyle to personal fitness and wellness.

- PE.A.3.4.2 know how regular physical activity can relieve the stress of everyday life.
- PE.A.3.4.3 identify the effects of age, gender, race, ethnicity, socioeconomic status, and culture on physical activity preferences and exercise habits.
- PE.B.1.4.6 know the correlation between obesity, high blood pressure, and increased physical activity.
- PE.C.1.4.1 understand the influence of age, gender, race, ethnicity, socioeconomic standing, and culture upon physical activity preferences and participation.
- PE.C.2.4.3 know the ways in which personal characteristics, performance styles, and activity preferences will change over the course of one's life.

- 10. Demonstrate understanding of sound nutritional practices related to physical fitness.**
 - PE.A.3.4.7 understand the utilization of fats, proteins, and carbohydrates as related to physical activity.

- 11. Demonstrate understanding of consumer issues related to physical fitness.**
 - PE.A.3.4.5 evaluate the effectiveness and use of community resources related to fitness.

- 12. Demonstrate understanding of the benefits derived from participation in physical fitness activities.**
 - PE.A.3.4.6 understand the importance of making a commitment to physical activity as an important part of one's lifestyle.
 - PE.B.2.4.5 understand the role of physical activity as a potential vehicle for social interaction and cooperative relations within the family and workplace.
 - PE.C.1.4.3 know the value of sport and physical activity in understanding different cultures.
 - PE.C.2.4.1 identify personal feelings resulting from participation in physical activity.