

Course Title: PHYSICAL EDUCATION IIIA	Course Description
<p>Course No. 3551 Grade level: 9-12</p> <p>Text and Resources: A. <i>Personal Fitness: Looking Good, Feeling Good</i>, Part I; Kendall Hunt Publishing B. <i>Fitness For Life</i>, Part I; Human Kinetics Publishing <i>Physical Education IIIA Student Workbook</i></p>	<p>Course Value: *One Semester</p> <p>Credit Value: 1 - 5</p>
<p align="center">Course Content: Key Content Standards and Course Objectives</p>	
<ol style="list-style-type: none"> 1. Students will understand the relationship between biomechanical principles and movement. 2. Students will be able to analyze the basic offensive and defensive strategies in games and sports. 3. Students will understand the physiological, psychological, and social benefits of a healthy, active lifestyle. 4. Students will assess and analyze their personal fitness. 5. Students will analyze and compare health and fitness benefits derived from various physical activities. 6. Students will demonstrate responsible personal behavior while participating in movement activities. 7. Students will understand the interrelationship between history and culture and games, sports, play and dance. 8. Students will achieve and maintain a health-enhancing level of physical fitness. 	<p>The focus of high school physical fitness is on the development of long-term habits that lead to a healthy and fit adult lifestyle. Students should learn to develop a personalized fitness program, analyze skills for effective movement, and select activities for the pursuit of individual excellence. Ultimately, students should be able to develop a personalized plan for lifetime fitness by assessing personal needs, interests, abilities, and opportunities in the area of fitness and by selecting activities that contribute to the achievement of personal fitness goals.</p> <p>*Open entry/open exit</p>
<p align="center">Methods of Study</p>	<p align="center">Evaluation of Performance Standards</p>
<ol style="list-style-type: none"> 1. Students will complete all activities assigned. 2. Students will participate in discussion with other class members and/or teacher. 	<ol style="list-style-type: none"> 1. Students will complete all assignments with a minimum of 70% accuracy. 2. The supervising teacher will be satisfied with the quality of the student's work. 3. The student must receive a minimum score of 70% on a teacher assigned final evaluation.

PHYSICAL EDUCATION IIIA

Course Outline: 3551

I. Textbook Assignment

A. *Personal Fitness: Looking Good, Feeling Good (5.0 Credits)*

- Read: Chapters 1-7
- Define: All vocabulary words at the beginning of each chapter
- Complete: All “Wrap Up” exercises at the end of each chapter
- Complete: Physical Activity Log of supervised physical activity. Complete at least 30 minutes of cardio and/or strength training 4 times a week for a total of 2 hours per week. Be sure to properly record your activity and have your physical activity log sheet signed. Your teacher should have an example for you to follow. For each daily entry be sure to write three to four sentences about how you felt before you exercised, how you felt while you exercised, and how you felt after you exercised.
- Complete: Extension Activity A

B. *Fitness for Life (5.0 Credits)*

- Read: Chapters 1-9
- Complete: All “Lesson Review” exercises
- Complete: All “Chapter Review” exercises
- Complete: Extension Activity B

II. Extension Activities

A. Personal Fitness: Looking Good, Feeling Good

- Using the Internet and/or your textbook, research the cause of heart disease and what can be done to decrease the possibility of being diagnosed with heart disease. Create a 5-slide PowerPoint presentation **or** write a 3 paragraph essay explaining the causes of heart disease and how to control the onset of heart disease.

B. Fitness for Life

- Physical Activity Log of supervised physical activity. Complete at least 30 minutes of cardio and/or strength training 4 times a week for a total of 2 hours per week. Be sure to properly record your activity and have your physical activity log sheet signed. Your teacher should have an example for you to follow. For each daily entry be sure to write three to four sentences about how you felt before you exercised, how you felt while you exercised, and how you felt after you exercised.
- Complete: all “Exploring Fitness” Activities in the *Student Workbook*.
- Complete the technology activity in the *Student Workbook*.

III. Evaluation

- All coursework and assessments must be completed with at least 70% accuracy.
- Activities must meet teacher’s expectations.