



Fitness & Conditioning 10/11/12 – Course Outline

In Fitness and Conditioning 10/11/12 we aim for students to deepen their understanding of health and fitness, while equipping them with the attitudes and skillsets they need to become lifelong participants in physical activity and fitness. Students will be introduced to a variety of fitness settings and classes to enhance their fitness knowledge. Students considering a career path in the health and fitness industry or an educational path in a related field of study (e.g. Kinesiology) will benefit from this curriculum, as well as students wanting to learn more about improving their personal fitness and conditioning levels.

*This course will take place both at Argyle and at Karen Magnussen Recreation Centre. It requires students to buy a pro-rated **5 month fitness pass** from North Vancouver Recreation & Culture (NVRC). A 5 month pass will cost approximately **\$110 + tax** and students are expected to purchase this before February 13th, 2024. Please do not hesitate to reach out to your teacher if you are in need of Financial Assistance.*

Big Ideas

- Our personal fitness can be maintained or enhanced through participation in a variety of activities at different levels of intensity.
- Knowing how our bodies move and function helps us to stay safe during exercise.
- Following proper training guidelines and techniques can help us to reach our health and fitness goals.
- Making healthy choices can help us to reach our health and fitness goals.

Curricular Competencies

Healthy and Active Living

- *Participate in activities designed to enhance and maintain health components of fitness*
- *Identify, apply and reflect on strategies used to pursue goals*
- *Identify and describe relationships between healthy eating, overall health and performance in fitness activities.*
- *Analyse health messages from a variety of sources and describe potential influences on health and well-being.*
- *Analyze a variety of fitness myths and fads*
- *Plan ways to overcome potential barriers for participation in fitness and conditioning*
- *Explain how developing understanding in fitness and conditioning activities can increase confidence and encourage lifelong participation in physical activities*

Human Anatomy and Physiology

- *Identify and describe how muscles produce movement in different parts of the body and how to train those muscles*
- *Identify and describe the influences of different training styles on fitness results*

Principles of Training

- *Develop and demonstrate appropriate exercise techniques for a variety of fitness activities*
- *Create and implement a personalized fitness program*
- *Identify and describe how different types of fitness activities influence the muscular and cardiovascular systems*

Social Responsibility

- *Demonstrate a variety of leadership skills in different types of fitness activities*
- *Demonstrate appropriate behaviours in different types of fitness activities and environments*
- *Apply safety practices in different types of fitness activities, for yourself and others*



Attendance & Participation

PHE is a participation-based subject; therefore, attendance is a requirement for success. A note may be required upon returning to class for missed PHE classes and only absences of illness, medical appointments, school functions and other unavoidable reasons are considered excused absences. Students need to ensure parents/guardians make contact with the school regarding absences. If you are away, **it is your responsibility to find out what work you have missed and to complete it.**

Considering the nature and intensity of this course, students will be allowed TWO “no-participation” days throughout the semester, under the following requirements:

- Will not use cellular devices during this time
- Must be present in class location, however, can forgo class activities
- Cannot be used on fitness testing or written testing days

Equipment/Materials needed

- Students are required to have a change of clothes each day. This can be shorts/athletic-pants and a T-shirt/sweatshirt along with appropriate footwear such as running shoes/cross-trainers. Students must be prepared with warm/dry clothing when the class is outside.
- Students are encouraged to include a water bottle as part of their everyday gym strip.
- Cellular devices are only allowed for music. If they are not being used responsibly, they will be confiscated.

Evaluation

- Physical Literacy (25%)
- Healthy and Active Living (25%)
- Communication (25%)
- Personal and Social Responsibility (25%)

Evaluations may include written tests, assignments, self-assessment, fitness testing, skill development, and daily participation.

****Any quiz or test you miss for an excused reason must be made up immediately upon your return, and will likely be a different test based on the same learning outcomes.**

Teacher Contact Information

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