



Argyle Secondary Socials Studies Department

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Fitness and Conditioning 11/12 Course Outline

In Fitness and Conditioning 11/12 we will aim to enable students to deepen their understanding of health and fitness while also equipping them with the attitudes and skill sets 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 (eg. Kinesiology) will benefit from this curriculum, as well as students wanting to learn more about improving their personal fitness and conditioning levels.

Core Competencies

- Communication
- Thinking
- Personal/Social

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

Curricular Competencies...The following topics and skills will be explored this year.

- Healthy and Active Living
- Human Anatomy and Physiology
- Principles of Training
- Social Responsibility

Attendance... PE is a participation based course and therefore good attendance is a requirement for success. A note may be required upon returning to class for missed P.E. 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.** We can discuss a reasonable time-line or extension for completing the work. Students need to ensure parents/guardians make contact with the school regarding absences.

Punctuality... students should be in gym strip, ready to go, within five minutes of the starting bell.

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. In addition, students are encouraged to include a water bottle as part of their everyday gym strip.

Evaluation... Assessment will be made using some of the following curricular competencies:

- Physical literacy
- Healthy and active living
- Social and community health
- Mental well-being

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

Plagiarized work will receive and automatic "0".