

# OHHS Physical Education Department

## Course Syllabus



### **Course Name: ClubFitness**

**Course Code: HFO115**

### **Course Description:**

The Club Fitness course will give students the tools and resources needed to be physically fit and healthy for a lifetime. The variety of exercises, techniques and equipment used will allow students to experience many different ways to exercise and workout, which will likely lead to them finding exercises they enjoy and want to continue performing after completing the course. Students will also learn how to create their own Health and Fitness plans that work towards specific health, fitness and career goals.

This course is designed to introduce and provide the opportunity for students to participate in a cardiovascular activity using a variety of equipment, balls, dumbbells, body weight. The step platform, fitness videos, aerobic walks, free weights, exercise bars and bands, stability balls, jump ropes, and activities. The students will participate daily in flexibility, cardiovascular endurance, and muscle strength and endurance activities during this class. The Club Fitness course will include proper warm-up, flexibility, cardiovascular endurance, and muscle strength into continuous cardio exercise. The ability to work well with others and participate at a high level daily is expected. The course will also include a major projects and assignments.

### **Prerequisites**

Completion of Foundations of Physical Education or permission.

### **Course Resources**

Students Provide:

Folder

Pencil

Sweatshirt/T-Shirt

Tennis(Athletic)Shoes

Sweats/Shorts

## **Course Fees**

None

## **Course Outline/Instructional Units**

### **PERFORMANCE BASED CURRICULUM**

**The Club Fitness class involves vigorous physical activity designed to improve the student's fitness and knowledge of maintaining a healthy lifestyle. The curriculum is performance-based and all students will need to demonstrate knowledge, competency and skill development in each of our curricular areas. Failure to do so will have a negative effect on their overall development, safety and grade assessment.**

1. The Club Fitness Curriculum focuses on developing & improving **Health Related Fitness** which includes Muscular Strength, Muscular Endurance, Cardiovascular Endurance, Flexibility and Improved Body Composition. Also, **Skill Related Fitness** which includes Agility, Balance, Coordination, Speed, Reaction Time and Explosive Power.
  - a. Demonstrates a variety of dynamic and functional movement techniques.
  - b. Develops realistic short and long term personal fitness goals.
  - c. Monitors physical activity through the use of a pedometer, heart rate monitor and/or physical activity log.
  - d. Assesses and maintains appropriate levels of physical fitness in terms of: cardiovascular endurance, muscular strength and endurance, flexibility and body composition necessary for a healthy and productive life.
  - e. Make enlightened personal choices for engaging in physical activity over the life span, recognizing the influence of age, disability, gender, race, ethnicity, socioeconomic status and culture.
  - f. Identifies reasons to participate in physical activity (e.g. health, enjoyment, challenge, self-expression, and social interaction)
  - g. By the end of the course the students will be able to demonstrate a satisfactory level of knowledge, technique and competency in the following areas\*:
2. General knowledge of Basic Anatomy, Physiology and Biomechanics

- a. Pilates
- b. Yoga
- c. Step up Routines
- d. Zumba
- e. Circuit Training Activities
- f. Exercise Bands
- g. Cardiovascular Endurance activities
- h. Fitness Testing Activities
- i. Lifetime Activities and Sports
- j. Team Activities and Sports

\* Exposure to the curriculum may be affected by facility use, equipment availability, weather, individual/class maturity and responsibility level, etc.

### **Fitness Assessments**

- Fitnessgram and CBA assessments
- BMI (Body Mass Index)

### **Functional Anatomy**

- General Anatomy Terms
- Movement Terminology

### **Physiology & Sports Performance**

- Target Heart Rate
- Muscle Contractions (Slow & Fast Twitch Fibers)

### **Principles of Training**

- Overload
- Recovery
- Reversibility
- Specificity
- Individuality

### **Speed, Strength & Power Training**

- Strength endurance
- Training methods for speed, strength & Power

### **Flexibility Training**

- The role of flexibility in performance
- Flexibility & injury prevention

- Flexibility & muscle performance
- Acquiring flexibility
- Types of stretching (Static, Ballistic, Dynamic, PNF)

### **Developing a Fitness Program based on Sport and Fitness Goal**

- Muscular Strength
- Muscular Endurance
- Sports specific
- Safety aspects of Resistance

### **Recording Progress**

- Fitness Journals
- Recording Sets, Reps & Weight

### **F.I.T.T Principle**

- Frequency
- Intensity
- Time (Duration)
- Warming up
- Cooling down
- Stretching

### **Medical Considerations**

- Managing injuries (types of injuries, preventing injuries, treating & rehabilitating injuries).
- Overtraining, preventing overtraining and treating overtraining

### **Major Assessments**

1. Formative Daily Assessments
  - a. Students will be assessed on their daily participation, quality of work and the completion of assigned tasks. The most successful student will be able to demonstrate:
  - b. the mastery of physical skills, knowledge, leadership and teamwork necessary to participate in a High School based Physical Education and Team Sports Program.
  - c. their best effort/performance on a daily basis.
  - d. responsible, respectful and accountable behavior.

- e. a positive work ethic and a mature level of self-motivation and self-direction.
  - f. the ability to work independently, with other students and the ability to follow directions.
  - g. a consistent pattern of being prepared to perform each day in class.
  - h. a non-apathetic, but energetic student ready to face the many challenges ahead of them.
  - i. proper exercise and sport skill techniques, safety procedures as well as proper use of the equipment.
2. Written tests
    - a. Content Standard Proficiency Scales
  3. Skills tests
    - a. Standard One Skill Checklists/Rubrics
  4. Fitness Assessments
    - a. Fitness, Form, and Exercise Rubrics
    - b. FitnessGram
    - c. Heart Rate Rubrics
  5. Daily Journal
    - a. Completion and Consistency Scores
  6. OSPI CBA

### **Extra Help**

Teachers will provide information regarding tutoring in classroom procedures. Students are encouraged to take advantage of tutoring opportunities and assistance will be offered in class.

### **RE-DO POLICY:**

OHHS is an effort based school where we believe all students can learn. We also know that students learn at different rates. Thus, we are implementing a re-do policy that recognizes the needs of individual learners.

- 100% Re-do
  - Assessments (with exception of the Final semester exam)
  - Key Assignments: Evidence that demonstrates mastery of a standard
- Teachers may:
  - require completion of supporting assignments prior to re-do opportunities for students to show they can meet the standard.
  - require students to complete re-do of work outside of class time.
  - limit the number of re-do opportunities for each assignment.
  - assign zero grades when students choose not to do key assignments and/or assessments to standard.

- All opportunities for re-do work will come with a deadline as assigned by the teacher.

### Weighted Categories

Set department categories and weighting

Category	Percentage of Overall Grade
Daily Formative Assessment	70%
Projects/Presentations	20%
Unit Summative Assessments	10%

### Grading Scale:

Regular Scale	
Letter Grade	Percentage
A	93% and Above
A -	90%-92.99%
B+	87%-89.99%
B	83%-86.99%
B-	80-82.99%
C+	77%-79.99%
C	73-76.99%
C-	70-72.99%
D+	67%-69.99%
D	60%-66.99%
F	59.99% and Below

### OHHS PLAGIARISM POLICY:

Any student, who knowingly turns in any work that has been done by someone other than himself or herself, and fraudulently represents it as his/her own, shall be considered to have cheated. Cheating also includes: aiding someone else in cheating, the use or preparation of written, pictorial, electronic or other materials not authorized by the

instructor during a test or assignment, the use of testing materials obtained previous to the test date, or plagiarism of any kind. Students found cheating will also be subject to an office referral, which could result in a suspension. As an effort based school, students who have plagiarized/cheated must still demonstrate their learning. Thus, students will be given the opportunity to complete the work. This will fall under the “Late Work Policy” of the teacher where total possible points may be reduced.