

High School Physical Education Weight Toning

This course offers the fundamentals of weight training, circuit training, and individual physical fitness conditioning. The student will apply fitness concepts to develop an individual program to meet his or her personal goals with emphasis on enhancing body composition, muscular endurance and overall fitness. Foundations of Fitness and Physical Activity course is a pre-requisite. Successful completion of this course earns one-half required PE credit.

Enduring Understanding and SHAPE Standards: Personal Fitness Plan

- Develop health enhancing behaviors and activities for a healthy lifestyle.
- Understand the correlation of pacing and target heart rate.
- Understand the correlation of a cool down and stress management.
- Re-evaluate current fitness scores as they relate to SMART goals.
- Create a workout program that can be sustained throughout a lifetime.
- Apply appropriate level of challenge when selecting physical activities.
- How can fitness data drive SMART goals? (S3.L1.3b, S3.L2.3a)
- What obstacles would prevent you from reaching your goals? (S3.L2.1e)
- How is body composition influenced by fitness and nutrition? (S3.L2.1a)
- What are the key components of a good warm up? (S3.L2.2c, S4.L2.4)
- What are the benefits of using different types of stretches? (S3.L2.2c)
- How can a structured cool down help reduce stress? (S3.L2.5)
- How does proper body alignment improve flexibility? (S3.L2.2c)
- What areas of fitness did you see improvement and what did you do to facilitate it? (S1.L2.2, S3.L2.3a)
- What are key components of a workout in exerobics? (S3.L2.2a, S4, L2.4)
- How can you incorporate technology/social media to improve your fitness levels? (S3.L2.1b)
- What are important components of a healthy lifestyle? (S1.L2.1)

- What are factors that impact your selection of physical activities to improve fitness levels? (S5.L2.2)
- How would you include a variety of exercises/workout variations in a personal fitness plan to balance muscle development? (S3.L2.2a)

Enduring Understanding and SHAPE Standards: Principles of Exercise

- Apply the principles of exercise to workouts to make continued improvements. (S3.L2.2a)
- Acquire a variety of training methods to improve fitness levels. (S5.L2.1, S5.L2.3)

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Enduring Understanding and SHAPE Standards: Workout Variations

- Compare types of workouts, terrain, levels, resistance, etc. to identify the impact on workouts. (S3.L2.1d, S3.L2.2d)
- Create a workout for classmates to improve fitness and engagement. (S4.L2.3a, S4.L2.3b)

Enduring Understanding and SHAPE Standards: Muscle Basics

- Understand the functions of major muscle groups and movement concepts. (S3.L2.2a) (S3.L2.2c)
- Evaluates differences between idealistic and realistic body images and fitness expectations as portrayed in social media. (S4.L2.1)
- Understands the different energy systems used during exercise. (S3.L2.2b)

Enduring Understanding and SHAPE Standards: Nutrition

- Analyze food intake to create a well-balanced diet. (S3.L1.4)
- Correlate calorie intake with calorie expenditure to maintain body weight. (S3.L1.4)
- Understand the relationship of activity, nutrition, and body composition. (S3.L2.2b)

Enduring Understanding and SHAPE Standards: Safety and Injury Prevention

- Apply concepts in the Full Value Contract to improve success in individual, partner, and group activities. (S4.L2.2, S4.L2.3b) (S5.L2.3, S5.L2.4)
- Utilize safe mechanics and practices to prevent injuries. (S4.L2.4)
- Compare environmental effects and how they impact the intensity of the workout. (S4.L2.4)