

BIG IDEAS

Our personal fitness can be maintained or enhanced through participation in a **variety of activities at different intensity levels**.

Knowing how our bodies move and function helps us **stay safe** during exercise.

Following proper **training guidelines** and techniques can help us reach our health and fitness goals.

Personal choices influence our health and fitness goals.

Learning Standards

Curricular Competencies	Content
<p><i>Students are expected to be able to do the following:</i></p> <p>Health and active living</p> <ul style="list-style-type: none"> Participate daily in physical activities designed to enhance and maintain health components of fitness Identify, apply, and reflect on strategies used to pursue personal fitness goals Identify and analyze the relationships between lifestyle patterns and performance in fitness activities Analyze and critique health messages from a variety of sources and describe their potential influences on health and well-being Analyze and critique a variety of fitness myths and fads Plan ways to overcome potential barriers to participation in fitness and conditioning activities Explain how developing competencies in fitness and conditioning activities can increase confidence and encourage lifelong participation in physical activities <p>Human anatomy and physiology</p> <ul style="list-style-type: none"> 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 	<p><i>Students are expected to know the following:</i></p> <ul style="list-style-type: none"> anatomical terminology skeletal system, including bones and joints ways to train the muscular and cardiovascular systems different types of muscle, including cardiac and skeletal muscle relationships between energy systems and muscle fibre types different types and functions of connective tissue components of an exercise session exercise safety and etiquette ways to monitor and adjust physical exertion levels, including heart-rate monitoring and percentage of one-repetition maximum principles of program design, including training principles to enhance personal fitness levels, such as the FITT principle, SAID principle, recovery, and specificity effects of different types of fitness activities on the body sources of health information influences of personal choices on physical performance performance-enhancing supplements and drugs

Learning Standards (continued)

Curricular Competencies	Content
<p>Principles of training</p> <ul style="list-style-type: none"> • Develop and demonstrate appropriate exercise techniques for a variety of fitness activities • Create, implement, and reflect on a personalized fitness program • Identify and analyze how different types of fitness activities influence the muscular system and the cardiovascular system <p>Social responsibility</p> <ul style="list-style-type: none"> • 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 themselves and others 	