

## 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 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.

## Learning Standards

Curricular Competencies	Content
<p><i>Students are expected to be able to do the following:</i></p> <p><b>Healthy and active living</b></p> <ul style="list-style-type: none"> <li>• Participate daily in physical activities designed to enhance and maintain health components of fitness</li> <li>• Identify, apply, and reflect on strategies utilized to pursue personal fitness goals</li> <li>• Identify and analyze the relationship between healthy eating, overall health, and performance in fitness activities</li> <li>• Analyze and critique health messages from a variety of sources and describe their potential influences on health and well-being</li> <li>• Analyze and critique a variety of fitness myths and fads</li> <li>• Plan ways to overcome potential barriers that affect participation in fitness and conditioning activities</li> <li>• Explain how developing competencies in fitness and conditioning activities can increase confidence and encourage lifelong participation in physical activities</li> </ul> <p><b>Human anatomy and physiology</b></p> <ul style="list-style-type: none"> <li>• Identify and describe how muscles produce movement in different parts of the body and how to train those muscles</li> <li>• Identify and describe the influences of different training styles on fitness results</li> </ul>	<p><i>Students are expected to know the following:</i></p> <ul style="list-style-type: none"> <li>• anatomical terminology, including terms of reference, planes of motion, and joint movements</li> <li>• skeletal system, including bones and joints</li> <li>• ways to train the muscular and cardiovascular systems</li> <li>• different types of muscle, including cardiac and skeletal muscle</li> <li>• relationships between energy systems and muscle fibre types</li> <li>• different types and functions of connective tissue</li> <li>• muscular system</li> <li>• cardiovascular system</li> <li>• components of an exercise session               <ul style="list-style-type: none"> <li>– warm up</li> <li>– exercise portion</li> <li>– cool down</li> </ul> </li> <li>• exercise safety and etiquette               <ul style="list-style-type: none"> <li>– breathing techniques</li> <li>– proper use of equipment and facilities</li> <li>– spotting and working out with a partner</li> </ul> </li> <li>• ways to monitor and adjust physical exertion levels, including heart rate monitoring and percentage of 1 repetition maximum</li> <li>• principles of program design, including training principles to enhance personal fitness levels, such as the FITT principle, SAID principle, and specificity</li> </ul>

Learning Standards (continued)

Curricular Competencies	Content
<p><b>Principles of training</b></p> <ul style="list-style-type: none"> <li>• Demonstrate appropriate exercise techniques for a variety of fitness activities</li> <li>• Create, implement, and reflect on a personalized fitness program</li> <li>• Identify and analyze how different types of fitness activities influence the muscular system and the cardiovascular system</li> </ul> <p><b>Social responsibility</b></p> <ul style="list-style-type: none"> <li>• Demonstrate a variety of leadership skills in different types of fitness activities</li> <li>• Demonstrate appropriate behaviours in different types of fitness activities and environments</li> <li>• Apply safety practices in different types of fitness activities, for self and others</li> </ul>	<ul style="list-style-type: none"> <li>• effects of different types of fitness activities on the body               <ul style="list-style-type: none"> <li>– resistance training</li> <li>– cardiovascular endurance</li> <li>– flexibility</li> </ul> </li> <li>• sources of health information, including professional documents, health and fitness magazines, and advertisements</li> <li>• influences of food choices and eating patterns on physical performance</li> </ul>