

Goals for a High School Lifetime Fitness Unit

1. Students will identify, demonstrate, and apply knowledge of the benefits of regular participation in physical activity, health-related components of fitness, and training principles.
2. Students will demonstrate an understanding of the physical activity pyramid, cardiovascular fitness, and the ActivityGram.
3. Students will use a tracking device and an activity log to track their participation in physical activity outside of class using the point system developed by the physical education program (figures 11.14 and 11.15).
4. Students will demonstrate the ability to administer the identified FitnessGram test items and record and interpret personal scores.
5. Students will demonstrate the ability to set SMART goals for each of the components of health-related fitness based on their scores for FitnessGram tests.
6. Students will demonstrate knowledge of the principles of training—progression, overload, FITT, warm-up, and cool-down—when designing a personal fitness program.
7. Students will participate in a self-designed personal fitness program for the length of the semester, tracking progress at identified intervals and adjusting personal goals or program activities as needed, both during and outside of class.
8. Students will demonstrate competency in one or more physical activities.