



LIFESTYLE/WELLNESS

PERSONAL FITNESS 10, 20, 30

OVERVIEW

Formerly known as Sports Performance

This exciting co-ed course is intended to provide learning opportunities for students with a passion for athletics, wellness and healthy living. You may wish to improve performance, challenge yourself physically and/or potentially pursue a career in the athletic field. This will be completed through a combination of theoretical and practical outcomes. If you have a passion for fitness and working out then this is the course for you!

Themes will include elements such as nutrition, goal setting and mental training, all of which will center on wellness in life both inside and outside of the school. This material will review topics and issues not traditionally present in the regular physical education program.

Students in this course will improve upon their balance, coordination, speed, flexibility, strength, agility and power. We focus on the latest training principles while applying them to our workouts during regular class time. The training principles that we apply are: functional movements, core strength, resistance training, stretching and plyometrics. You may register for one level of Personal Fitness or Health & Wellness per semester.

Personal Fitness 10 (5 CREDITS):

- Health Services Foundations
- Foundations for Training 1
- Musculoskeletal System
- Cardiovascular System
- Various Project Modules

Personal Fitness 20 (5 CREDITS):

- Sports Psychology 1
- Foundations for Training 2
- Sports Psychology 2
- Leadership in Recreation & Sport
- Various Project Module

Personal Fitness 30 (5 CREDITS):

- Human Movement
- Training and Conditioning
- Sports Psychology 3
- Resistance Training Leadership
- Sport & Society