

Name of School

Name of Course- **Lifetime Fitness**

Instructor Information

Name:
Email address:
School phone number:
Web address
Best time to be reached:

Course Description

This course combines the physical and health education curriculum and is a required course for all 9th graders. The students will acquire knowledge and skills regarding lifetime physical fitness; content will include nutrition, stress management, prevention and control of disease, including sexually transmitted diseases and acquired immune deficiency syndrome, current crucial health issues and human sexuality. The students will also participate in activities that increase cardiovascular endurance, muscle strength, and flexibility, leisure and lifetime activities

Standards and Power Benchmarks

1. Students will comprehend concepts related to health promotion and disease prevention.
2. Students will demonstrate the ability to access and analyze health information and health-promoting products and services.
3. Students will demonstrate the ability to practice health-enhancing behaviors and reduce health risks using goal setting and decision-making skills.
4. Students will demonstrate the ability to use interpersonal communication skills to enhance and advocate for personal, family, and community health.

Course Information

Welcome to Lifetime Fitness. This course is a combination of Health Education and Physical Education and is a required course for all 9th graders. Students will be able to acquire knowledge and skills regarding lifetime physical fitness.

The Health Education portion of the course will be taught for 4 ½ weeks and the Physical Education portion of the course will be taught for 4 ½ weeks. When the student leaves the first half of the course he/she will be given a percentage grade. That grade will be averaged with the percentage grade in the second half of the course for the final grade for Lifetime

Course Outline/Calendar

Units that will be taught in this portion of Lifetime Fitness:

Unit 1	Course introduction and Healthy Foundations	Day 1
Unit 2	Nutrition and Physical Fitness	Days 2 – 5
Unit 3	Mental and Emotional Health	Days 6 – 8
Unit 4	Drug Abuse Prevention	Days 9 – 13
Unit 5	Disease Prevention	Days 14 – 18
Unit 6	Human Sexuality	Days 19 -22
	Final	Day 23

Text/Other Required Materials/Resources

- Current Health magazines
- Glencoe Health textbook

Instructional Procedures & Support

Methods for delivery of instruction include cooperative learning groups, hands-on/lab work, lecture, class discussion, class participation, and guest speakers. Assignments will carry a variety of points and will mainly be completed in class, but homework is possible and is expected to be handed in on time. Make-up work should be completed with the teacher before or after school, as many will be difficult to make-up outside of class.

Classroom Management Procedures

Classroom behavior guidelines:

It is important that all students attend class every day. The school's attendance policy will be followed as outlined in the Student Planner.

Assessment Plan

Progress Reports: Students will also receive a formal mid-term grade. At the end of the term, students will receive a final examination grade and a final "overall" term grade. The final grade will determine whether the student has passed the course. This grade will be used in helping calculate the students' high school GPA. Grading procedures:

Grading System

Grades in this course will be calculated by adding together points accumulated from daily classroom activities, tests, and the final examination. From that point grades will be assigned as follows:

A	90 – 100%
B	80 - 89%

