Fitness **Syllabus**

What you will learn in this course



MIDDLE SCHOOL FITNESS

Are you physically fit? What does being fit mean to you? Physical fitness is a lot more than just a number on a scale – and that's exactly what you'll learn in this course! This course will help you understand the basics behind what it means to be physically fit; allow you to gain a deeper understanding about how your body functions; learn the complex science behind exercise; explore what it means to be mindful and what inspires you; and determine how you can test your current level of fitness. Being and staying physically fit is a lifelong endeavor and, just like human beings, there are many complexities involved! Learning about and improving your physical fitness is a

smart choice to make at any age - and by signing up for this course, you will be doing exactly that! Consider this course to be the first step on your exciting journey to understanding and improving your physical fitness!

Unit 1: Your Body, Your Home

Right now, no matter where you are, you are already home. It's true! Your body is your home, even though it doesn't have a roof and walls. It's the place where you keep all of your feelings and where you spend every single day of your life. For that reason, taking care of yourself and knowing a bit about fitness is a super-important way to keep your physical "home" comfortable and safe. Being fit means your body can meet your needs – on the playground, when you're running, or doing anything physical. It also means you are making smart choices for yourself. Because, just like the home where you sleep, your body needs someone to care for it – and that person is you!

What will you learn in this unit?

- Describe the five zones of fitness and how they work
- Take your resting heart rate
- Tell the difference between aerobic and anaerobic activities
- Set some personal fitness goals

UNIT 1 Assignments

Assignment	Type
Unit 1 Critical Thinking Questions	Homework
Unit 1 Activity 1	Homework
Unit 1 Activity 2	Homework

Unit 1 Discussion 1	Discussion
Unit 1 Discussion 2	Discussion
Unit 1 Quiz	Quiz

Unit 2: Your Body Is A Machine

Are most of your days filled with activities? Sometimes we get so caught up in our day to day life, it's hard to find time to do the things we love. Eating right and getting enough sleep can be challenging, so learning how to take care of yourself is important if you want to feel energetic and happy. Knowing how your body works and why fitness matters will help you discover just how easy it is to be healthy. And when you are healthy, you can do anything!

What will you learn in this unit?

- Understand the benefits of exercise to body and mind
- See how certain physical movements affect health
- Apply Newton's law of motion to fitness
- Identify how stress can be handled through fitness

UNIT 2 Assignments

Assignment	Type
Unit 2 Critical Thinking Questions	Homework
Unit 2 Activity 1	Homework
Unit 2 Activity 2	Homework

Unit 2 Discussion 1	Discussion
Unit 2 Discussion 2	Discussion
Unit 2 Quiz	Quiz

Unit 3: The Fitness Inside

Your body is more than just skin, bone, and muscle—it is a living model of different systems all working to communicate with each other, and you. Jumping around to your favorite song is a great way to stay active, but staying truly "fit" also calls for an understanding of what is happening inside your body every day. Are you ready to take a glimpse of the amazing things you can do?

What will you learn in this unit?

- Describe how fitness is improved through exercise
- Explain how muscles function in the body
- Recognize how certain internal systems are affected by fitness
- Identify safe ways to exercise

UNIT 3 Assignments

Assignment	Type
Unit 3 Critical Thinking Questions	Homework
Unit 3 Activity 1	Homework
Unit 3 Activity 2	Homework
Unit 3 Discussion 1	Discussion

Unit 3 Discussion 2	Discussion
Unit 3 Quiz	Quiz

Unit 4: Mind Your Own Fitness

The word *fitness* can mean a lot of things. Being fit means you are physically healthy and able to move your body, but what about *total fitness*? This is a type of well-being that includes the mind as well as the body. Finding this kind of healthy relationship between mind and body takes effort, self-acceptance, and a willingness to try new things. But it is also a great deal of fun! Creating your own fitness plan will help you strike the right balance and fill your time with activities you love.

What will you learn in this unit?

- Understand the different functions of the body
- Explain how the mind and body are connected
- Recognize how to use technology to monitor health
- Identify ways to stay happy and healthy through personal fitness

UNIT 4 Assignments

Assignment	Type
Unit 4 Critical Thinking Questions	Homework
Unit 4 Activity 1	Homework
Unit 4 Activity 2	Homework
Unit 4 Discussion 1	Discussion

Unit 4 Discussion 2	Discussion
Unit 4 Quiz	Quiz

Middle School Fitness Midterm Exam

- Review information acquired and mastered from this course up to this point.
- Take a course exam based on material from the first four units in this course (Note: You will be able to open this exam only one time.)

MIDTERM Assignments

Assignment	Type
Midterm Exam	Exam
Midterm Discussion	Discussion

Unit 5: Finding Your Fitness Team

There's no denying it—fitness is a lot of fun. Whether you are running around on a soccer field with your teammates or hiking alone in a beautiful forest, exercise is wonderful for your body and mind. And one of the best things about being active is there's no limit to what you can do. We've looked at ways that you can have fun exercising independently. Working with others to find your personal best is another way to be happy, healthy, and ready to take on new challenges.

What will you learn in this unit?

- Understand the importance of personal responsibility in group efforts
- Explain how common goals contribute to group fitness
- Identify ways to make the best of difficult injuries

- Learn the value of competition, trust, and strategy

UNIT 5 Assignments

Assignment	Type
Unit 5 Critical Thinking Questions	Homework
Unit 5 Activity 1	Homework
Unit 5 Activity 2	Homework
Unit 5 Discussion 1	Discussion
Unit 5 Discussion 2	Discussion
Unit 5 Quiz	Quiz

Unit 6: Finding Energy In Food

Do you ever feel confused about what to eat? Chips, cookies, candy—they all taste delicious, but they don't give your body lasting energy *or* keep it healthy. There are so many things to consider when choosing the right fuel — calories, sugar, fat, carbs — it can almost take the fun out of finding something to eat. But once you understand nutrition and how food can benefit your health, you may find your choices begin to change. Yes, it's a little corny, but you really *are* what you eat, so take control and decide what you want to be!

What will you learn in this unit?

- Recognize the benefit of daily physical activity
- Explain how nutrition affects performance
- Identify the various proteins, vitamins, and minerals in food

- Understand how nutrition plays a key part in optimal body functions

UNIT 6 Assignments

Assignment	Type
Unit 6 Critical Thinking Questions	Homework
Unit 6 Activity 1	Homework
Unit 6 Activity 2	Homework
Unit 6 Discussion 1	Discussion
Unit 6 Discussion 2	Discussion
Unit 6 Quiz	Quiz

Unit 7: Does Your Body Fit?

What do you see when you look in the mirror? Do you see the unique beauty that is there? Or do you see a disappointing picture of what is missing? Maybe it's a little bit of both. These days, we are faced with endless images—online, in magazines, on television—and sometimes it can be hard to tell the difference between what is real and what is not. This confusion can lead to uncomfortable feelings about your body and how you see yourself in relation to others. Because fitness asks us to think about our physical selves, learning how to understand and appreciate your own body image is important. Being healthy is not only about exercise and nutrition—it's also about loving yourself.

What will you learn in this unit?

- Recognize how outside influences affect body image and self-esteem
- Explain how pressure from peers can be both positive and negative
- Understand how substance abuse affects personal health and performance

UNIT 7 Assignments

Assignment	Type
Unit 7 Critical Thinking Questions	Homework
Unit 7 Activity 1	Homework
Unit 7 Activity 2	Homework
Unit 7 Discussion 1	Discussion
Unit 7 Discussion 2	Discussion
Unit 7 Quiz	Quiz

Unit 8: Training For Life

Let’s be honest—doing what is good for you is not always fun. Sometimes it can just feel like a lot of hard work. Eating right, staying active, making a plan—there are moments when fitness can seem like more trouble than it’s worth, which is why it’s so important to remember the benefits of your healthy choices. When you are feeling doubtful or tired, remember that personal fitness is a life goal and not something that will always feel simple. The rewards are enough to make it all worthwhile, offering you a chance to live longer, think better, and enjoy the beauty of what your body can do.

What will you learn in this unit?

- Understand how to train the body safely and effectively
- Explain how range of motion affects overall fitness
- Recognize how physical training relies on self-management and assessment
- Appreciate the importance of sportsmanship and how it affects interpersonal relationships and fitness

UNIT 8 Assignments

Assignment	Type
Unit 8 Critical Thinking Questions	Homework
Unit 8 Activity 1	Homework
Unit 8 Activity 2	Homework
Unit 8 Discussion 1	Discussion
Unit 8 Discussion 2	Discussion
Unit 8 Quiz	Quiz

Middle School Fitness Final Exam

- Review information acquired and mastered from this course up to this point.
- Take a course exam based on material from units five to eight in this course – the last four units. (Note: You will be able to open this exam only one time.)

FINAL Assignments

Assignment	Type

Final Exam	Exam
Final Exam Discussion	Discussion