

This course allows for customized exercise requirements based on a student's situation. In addition, students learn the basic skills and information needed to begin a personalized exercise program and maintain an active and healthy lifestyle. Students research the benefits of physical activity, as well as the techniques, principles, and guidelines of exercise to keep them safe and healthy.

Unit 1: Fitness Assessment

- Fitness Assessment
- Fitness Analysis & Goals

Unit 2: Know Before You Go

- Getting Started
- Warm Up & Cool Down
- Posture & Technique

Unit 3: What Is Fitness?

- What Is Fitness?
- Exercise Benefits
- Safety & Injury Prevention

Unit 4: Principles Of Fitness

- Principles Of Fitness
- Fitt Principles
- Heart Rate & Intensity

Unit 5: Diet & Substances

- Nutrition
- Weight Management
- Drugs & Fitness

Unit 6: Post Assessment

- Post Assessment