Foundations of Personal Fitness combines the best of online instruction with actual student participation in weekly cardiovascular, aerobic, and muscle toning activities. The course promotes a keen understanding of the value of physical fitness and aims to motivate students to participate in physical activities throughout their lives.

Specific areas of study include: Cardiovascular exercise and care, safe exercising, building muscle strength and endurance, injury prevention, fitness skills and FITT benchmarks, goal setting, nutrition and diet (vitamins and minerals, food labels, evaluation product claims), and stress management. The course requires routine participation in adult-supervised physical activities. Successful completion of this course will require parent/legal guardian sign-off on student-selected physical activities and on weekly participation reports to verify the student is meeting his or her requirements and responsibilities.

Foundations of Personal Fitness is built to state standards and informed by the Presidential Council on Physical Fitness and Sports standards.

Length: One Semester

Unit 1: P.E. Designed for Me

- Online P.E.
- Fitness Logs
- Warm It Up, Cool It Down
- Setting Fitness Goals
- Career and Educational Options
- P.E. Designed for Me Wrap-Up

Unit 2: Is My Body Good to Go?

- Your Fitness Needs
- Safety Factors
- Don't Hurt Yourself
- Health Practices
- Is My Body Good to Go? Wrap-Up

Unit 3: Great for the Heart

- Work Your Heart Out
- Join the Team
- Team Concepts
- Sportsmanship
- Great for the Heart Wrap-Up

Unit 4: Fit as a Fiddle

- Muscle Madness
- Time for Anaerobics

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- Individual Sports
- Sports Downfalls
- Fit as a Fiddle Wrap-Up

Unit 5: Fitness Adventure

- Outdoor Fitness Fun
- Have Fun and Be Careful
- Adventure Activities
- Continued Athleticism
- Fitness Adventure Wrap-Up

Unit 6: Semester Wrap-Up

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