This course takes a more in-depth look at the five components of physical fitness touched on in Fitness Fundamentals 1: muscular strength, endurance, cardiovascular health, flexibility, and body composition. This course allows students to discover new interests as they experiment with a variety of exercises in a non-competitive atmosphere. By targeting different areas of fitness, students increase their understanding of health habits and practices and improve their overall fitness level. Students take a pre- and post-fitness assessment. Throughout this course students also participate in a weekly fitness program involving elements of cardio, strength, and flexibility.

Unit 1: Fitness Assessment

- Fitness Assessment
- Health & Fitness Analysis
- Goal Setting

Unit 2: Exercise Programming

- Exercise Programming
- Aspects Of Health
- Exercise Equipment

Unit 3: Cardiovascular Training

- Cardio Principles
- Cardiovascular Exercises

Unit 4: Strength Training

- Principles Of Strength Training
- Strength Training Exercises

Unit 5: Flexibility Training

- Principles Of Flexibility Training
- Flexibility Exercises

Unit 6: Nutrition

- Body Mass Index
- Diet & Exercise

Unit 7: Post Assessment

- Post Assessment

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