This course provides students with a basic understanding of fitness and nutrition. Students will learn about exercise safety, team and individual sports, nutrition, and the importance of staying active throughout their lifetime. Students conduct fitness assessments, set goals, develop their own fitness program, and participate in weekly physical activity.

### Unit 1: Get Moving

- Getting Started
- Fitness Assessment
- Fitness Analysis

### Unit 2: Exercise Programming

- Goal Setting
- Creating An Exercise Program
- Motivation & Cooperation

### Unit 3: Exercise Technique

- Warm Up & Cool Down
- Exercise Technique & Posture

### Unit 4: Foundation Of Fitness

- Components Of Fitness
- Principles Of Exercise
- Heart Rate & Intensity

### Unit 5: Fitness

- What Is Fitness?
- Skill Vs Health
- Benefits Of Fitness

### Unit 6: Post Assessment

- Post Assessment


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