

**EL DORADO UNION HIGH SCHOOL DISTRICT  
Educational Services**

**Course of Study Information Page**

Course Title: Personal Fitness Training (Course #270)	
Rationale: To give the students the opportunity to continue their physical education experience on an advanced and personal level.	
Course Description: Personal Fitness Training is an elective class to attract students to pursue a personalized fitness-training program based on their needs. This class will be opened to any student ranging from modified activities to advanced athletes. All students will participate in health and skill related components of health. Students will also receive information on diet analysis, performance nutrition, ergogenic aids, heart rate monitors, biomechanical analysis, and creating a personal training program. Health related careers will also be addressed.	
How Does This Course Align With or Meet State and District Content Standards?	
Length of Course:	Semester or Term
Grade Level:	11 <sup>th</sup> and 12 <sup>th</sup>
Credit: Number of units: <u>  5  </u> <input type="checkbox"/> Meets graduation requirements <input type="checkbox"/> Request for UC "a-f" requirements <input type="checkbox"/> College Prep <input checked="" type="checkbox"/> Elective <input type="checkbox"/> Vocational	
Prerequisites:	PE 1, PE 2, ( C or better) Instructor approval
Department(s):	PE/Health
District Sites:	All
Board of Trustees Adoption Date:	January 23, 2001
Textbook(s)/Instructional Materials:	in lieu
Date Adopted by the Board of Trustees:	

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**Course Title: PERSONAL FITNESS TRAINING**

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**UNIT #1:** Personal Profile

**GOAL:** The student will engage in a personal profile where health and skill related components of fitness are recorded. Safety components such as heart rate, blood pressure and postural alignment will be addressed and recorded as well

OBJECTIVES	SUGGESTED ACTIVITIES
The student will:	
Engage in pretests in muscular strength, muscular endurance, body composition, Cardiovascular endurance, resting heart rate, target heart rate zones for exercise, blood pressure and postural alignment	1) A combination of Fitness Gram, Presidential Fitness tests and Personal Training Protocols will be used 2) Pretests will be recorded (to be compared with post tests later) 3) Modifications will be made for special need students
Set and record personal fitness goals	1) Goal setting techniques (including short, intermediate and long term. Possible obstacles and solutions to those obstacles) 2) Journal keeping for current assessment of all goals.

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UNIT #2: Health and Skill Related Training

GOAL: The student will learn how to improve in both health and skill related components of fitness

OBJECTIVES	SUGGESTED ACTIVITIES
The student will:	
Learn how to lift weights correctly and safely	Participate in core, and functional strength lifts according to NSCA and USA weight lifting techniques and skills
Expand their knowledge in the use and performance of alternative strength training activities	Participate in the use of the latest techniques including: plyometrics, rubber bands, body weight, plyoballs, Swiss balls, and body blades
Experience how to improve speed, agility, balance, reaction time, coordination and power (skill related components)	Participate in the use of the latest techniques including: plyometrics, rubber bands, body weight, plyoballs, Swiss balls, body blades and use of biomechanical principles
Experience how to improve flexibility, muscular strength and endurance	Participate in the dynamic and static stretching, use of the latest techniques including: plyometrics, rubber bands, body weight, plyoballs, Swiss balls, and body blades
Practice how to correctly pace for endurance events	Participate in and analyze data from Coopers Run and/or 1.5 mile test
Experience the differences of aerobic and anaerobic activities	Participation in various activities (sprints, lifts, runs, and exercises) from each type of activity

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UNIT #3: Personal Workout

GOAL: After appropriate participation of various activities each student will produce a personalized conditioning program based on their specific needs

OBJECTIVES	SUGGESTED ACTIVITIES
The student will:	
Learn and adapt other exercises	Students will adapt a functional exercise for their workout
Apply biomechanics to various exercises	1) Use of principles to improve performance 2) Continual monitoring of improvement of exercises (lifts, runs, times, etc.)
Adhere to safety procedures	Work with partners in spotting and self evaluation of limits of their bodies
Appreciate how other people train	Students will share at least one exercise they personalize for their workout
Solve various problems as a group	1) Calculation of power out put of strength related exercises 2) Partner spotting
Be aware of symptoms and pitfalls of over training	1) Lecture of symptoms 2) Self assessment and self awareness of body through journal keeping 3) Participate in other lifelong activities (tennis, basketball, etc.) one to two days a week

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UNIT #4: Technology

GOAL: The student will include technology into their fitness program

OBJECTIVES	SUGGESTED ACTIVITIES
The student will:	
Find at least one new functional exercise from an internet site	Explore given sites to find a new functional exercise to be incorporated into their fitness plan
Become aware of ergogenic aids	Explore given sites and present an oral report on various ergogenic aids. Information will be posted on classroom wall for continual reference
Know how to operate, download and interpret data from a heart rate monitor	Use of heart rate monitors during different activities (aerobic and anaerobic) and evaluation of recorded data (graphs)
Analyze a specific biomechanical movement	1) Video taping and evaluation of a specific movement 2) Computer analysis of a specific movement with software
Create a personalized nutritious and/or performance diet	1) Analyze student's diet online or through software and revise to a healthier diet 2) Keep a journal of food consumption and analyze weekly

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UNIT #5: School to Career

GOAL: The student will be aware of health related careers

OBJECTIVES	SUGGESTED ACTIVITIES
The student will:	
Become aware of health related careers	1) Guest speakers from related fields such as physical therapists, chiropractors, personal trainers, etc. 2) Career Center research on above professions 3) Field trip to fitness center and/or rehabilitation center, etc.
Prepare a basic fitness program	Students will write a basic fitness program for a coach, family members, or school staff member