LAKE SHORE HIGH SCHOOL

**COURSE SYLLABUS**

**FOR**

**FITNESS/CONDITIONING I**

# Length of Term: Trimester

# Credit: ½ credit

Pre-Requisite – Completion of P.E. I

1. Course Description

This class offers an opportunity to investigate the importance of muscular strength and endurance in physical fitness. Students can improve their total fitness using free weights, circuit training, running and walking. All five components of fitness will be stressed.

1. Text/Materials/Supplies

Required clothing is a t-shirt, shorts or sweatpants, athletic socks and tennis shoes. An additional $3.50 will be charged each week for bowling.

1. Course Content

The activities will cover weight training, running, jumping rope and circuit training. Students will learn what muscle groups are used with different types of lifts. Students will also learn how to work with others in order to reach their desired goals and to maintain a safe environment.

1. Outcomes

By the end of the course the student will:

* 1. Participate in a weight training and conditioning program in order to improve lifelong physical health.
  2. Develop and maintain health-related levels of cardio-respiratory endurance by participating in a workout on the track as weather permits.
  3. Develop and maintain healthy levels of muscular strength and endurance by participating in a weight training workout at least 4 days per week.
  4. Develop and maintain healthy levels of flexibility of the joints, back, shoulder, ankles and trunk.
  5. Demonstrate appropriate behavior that exemplify personal/social character traits.
  6. Make a commitment to include physical activity as an important part of a healthy lifestyle.

1. Student Expectations
   1. The students will be prepared for class, on time, with appropriate attire
   2. The students will respect each other, the teacher and school equipment.
   3. The students will be prepared to put forth their best effort, follow directions, be responsible and exhibit self-control.
2. Grading

Students will be graded in three areas:

* 1. Participation- 60%
  2. Behavior – 25%
  3. Tests – 15%