LAKE SHORE HIGH SCHOOL

**COURSE SYLLABUS**

**FOR**

**FITNESS/CONDITIONING II**

# Length of Term: Trimester

# Credit: ½ credit

Pre-Requisite – Completion of Fitness/conditioning I with a C or better.

1. Course Description

This class offers the student to take what was learned in Fitness/Conditioning I to a higher level. They will develop a personalized workout plan geared toward the student’s personal fitness goals.

1. Text/Materials/Supplies

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

1. Course Content

Students will research various workouts related to their personal goals. They will then develop a workout based upon their research. The instructor must approve this. They will then perform and record the workouts. There will be an evaluation at the end of the semester to determine success.

1. Outcomes

By the end of the course the student will:

* 1. Develop a personalized workout program
	2. Implement the workout on a daily basis.
	3. Record the results of the workout performance.
	4. Evaluate personal performance and change, based on the success.
	5. 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%