

Fitness II

This is an elective physical education course. The purpose of this course is to enable students to obtain an advanced understanding of how to achieve and maintain a heightened level of fitness while demonstrating knowledge of fitness concepts, principles and strategies. Individual student fitness levels will be assessed and the students will formulate personal goals and develop individualized fitness programs. Students will develop and participate in these personal fitness programs to improve cardiorespiratory endurance, flexibility, muscular strength and endurance, and body composition. Students will utilize concepts to assess, plan, monitor, and modify their personal fitness plan.

Students will demonstrate knowledge of psychological and sociological concepts, principles and strategies that apply to the learning and performance of fitness training. The content standards will include, but are not limited to the following: best practices for safety, rules and regulations, terminology, circuit training, crossfit training, weight training, stretching, as well as isometric and plyometric exercises.

This course is not a replacement for or equivalent to [Health and Physical Education 9](#) or [Health and Physical Education 10](#).

High School Credits: 1

School Level: High School

Grade: 10, 11, 12

Length: full year

Prerequisites:

Fitness I

Program: Health and Physical Education