

Fitness I

This is an elective physical education course that focuses on fitness, strength training, physical conditioning, and lifetime health concepts, activities and knowledge to promote health and wellness. This course is structured to develop individualized knowledge of weight training and physical conditioning for both the beginning and advanced student. The course requires mastery of training principles and thorough understanding of fitness center safety rules prior to participation in weight room laboratory experiences. Students will gain the necessary information and skills to plan and implement a personal fitness and conditioning program that includes skill- and health-related fitness components to achieve and maintain a health-enhancing level of physical fitness for a lifetime.

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: 9, 10, 11, 12

Length: full year

Program: Health and Physical Education