

Murrieta Valley Unified School District
High School Course Outline
April 2004

Department: Physical Education

Course Title: Walking for Fitness

Course Number: 2835

Grade Level: 10-12

Length of Course: Year

Prerequisite: Successful completion of PE 9

Course Description: This course may be taken multiple times for credit.

I. Goals

The student will:

- A. Improve cardiovascular-respiratory fitness
- B. Improve flexibility
- C. Improve muscular strength
- D. Improve self-image
- E. Determine target heart rate zone
- F. Recognize and practice a nutritionally sound diet
- G. Discuss and demonstrate variable resistance exercises
- H. Evaluate and chart fitness progress
- I. Understand the need for lifetime fitness
- J. Understand the importance of fitness responsibility, including setting goals and scheduling workouts
- K. Understand the discipline needed to follow through with lifetime fitness

II. Outline of Content for Major Areas of Study

Semester I and II

- A. Study body systems and their relationships to fitness training
- B. Define and apply the components of physical fitness:
 - 1. Muscular Strength
 - 2. Muscular Endurance
 - 3. Flexibility
 - 4. Cardiovascular-respiratory
 - 5. Body composition analysis
- C. Apply techniques of breathing and walking properly
- D. Develop a nutrition and weight control program
- E. Develop specific fitness plans for personal activities
- F. Monitor, record and optimize resting and exercise heart rates within a target zone

III. Accountability Determinants

- A. Teacher observations of techniques and workouts
- B. Individual performances, tests, research paper, and journal entries
- C. Final assessment

IV. Required Text

None

V. Supplementary Materials

Body Fat Machine

Heart Rate Monitor with strap

Personal Journal (Lab fee charged to each student to purchase journal)