

**Murrieta Valley Unified School District**  
**High School Course Outline**  
**April 2004**

**Department:** Physical Education

**Course Title:** Advanced Body Composition and Fitness

**Course Number:** 2813

**Grade Level:** 10 - 12

**Length of Course:** Year

**Prerequisite:** Completion of Body Composition

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

**I. Goals**

The student will:

- A. Understand and demonstrate techniques of the musculature used in weight training exercises and advanced cardiovascular and plyometric training
- B. Develop a historical knowledge of weight training and the exercise movement
- C. Understand the need for lifetime fitness
- D. Understand and apply fitness responsibility by setting goals and scheduling workouts
- E. Develop discipline needed to follow through with lifetime fitness

**II. Outline of Content for Major Areas of Study**

Semester I and II

- A. Utilize advanced weight training skills utilizing machines and free weights which involve different cardiovascular exercises and explosive movements
- B. Develop specific fitness plans for personal sports and activities
- C. Study body systems and their relationships to fitness training
- D. Perform exercises correctly

E. 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 papers and computer assessments

C. Final assessment

**IV. Required Text**

None

**V. Supplementary Materials**

Tri Fit computer assessment information