

Murrieta Valley Unified School District
High School Course Outline
April 2004

Department: Physical Education

Course Title: Body Composition and Fitness

Course Number: 2810

Grade Level: 10 - 12

Length of Course: Year

Prerequisite: Successful completion of Physical Education 9

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

I. Goals

The student will

- A. Be introduced to weight training as it applies to muscle toning, strength training, and body building
- B. Demonstrate a variety of training programs that emphasize circuit training and free weights
- C. Demonstrate a working knowledge of muscles
- D. Demonstrate an understanding of the need for lifetime fitness based on the California Physical Education Framework
 - 1. Develop fitness responsibility by setting goals and scheduling workouts
 - 2. Develop discipline needed to follow through with lifetime fitness

These goals are aligned with the California Physical Education Framework

II. Outline of Content for Major Areas of Study

Semester I and II

- A. Apply the fundamental movement patterns for weight training
- B. Analyze movement performance in weight training in order to learn or improve a skill
- C. Analyze the mechanical principle involved in a weight training workout
- D. Incorporate an activity of choice into their fitness plan

- E. Assess personal fitness to a health related standard and set goals for improvement
- F. Analyze different body type and develop an exercise plan based on their won
- G. Discover the importance of commitment and dedication for effective movement

III. Accountability Determinants

- A. Teacher observations of techniques and workouts
- B. Individual performances and tests
- C. Daily Participation
- D. Development of an individualized fitness program

IV. Required Text

None

V. Supplementary Materials

- A. Sound System
- B. Variety of Music on CD
- C. Professional Weight Lifting Video
- D. Medicine Balls
- E. LCD Projector, VCR, TV Monitor
- F. Lap Top Computer