

Course Title:	Personal Fitness	
National PE Standards Michigan Department of Education K-12 Physical Education Standards		
Module 1	Introduction to Fitness	
Unit Objectives:	<ul style="list-style-type: none"> Recognize and define the five components of total body fitness, and explain which component you want to improve. Recognize and define the six fitness skills and give examples of exercises in which the skills are used. Identify and explain the three stages of learning a motor skill. Define three energy pathways as well as some exercises in which they are used. Identify and apply exercise safety measures. Identify exercise risk factors and explain ways to avoid them. 	
Standards	Assignment	Description
MDE K-12 PE Standards: S2.3.L2, S3.8.L2 National PE Standards: 1, 2, 3, 4, 5	1.1 Fitness Components Quiz	Graded Quiz
	1.1 Fitness Journal Entry	Graded Journal Entry
	1.2 Fitness Skills Quiz	Graded Quiz
	1.2 Fitness Journal Entry	Graded Journal Entry
	1.3 Motor Skills Discussion	Graded Discussion
	1.4 Energy Pathways Quiz	Graded Quiz
	1.5 Exercise Safety Assignment	Graded Worksheet & Video Assignment
Unit 2	Figuring Out Your Fitness Level	
Unit Objectives:	<ul style="list-style-type: none"> Find your heart rate as well as define and apply the rates of perceived exertion and pacing. Assess your current fitness level. Identify and define SMART goals, and set a SMART fitness goal. Identify, evaluate, and apply technology and social media tools for supporting your fitness goals. 	
Standards	Assignment	Description
MDE K-12 PE Standards: S3.6.L1, S3.3.L2, S5.4.L1, S5.4.L2, S3.2.L2 National PE Standards: 1, 2, 3, 4, 5	2.1 Exertion & Pacing Assignment	Graded Worksheet & Video Assignment
	2.2 Fitness Level Pre-Test & Journal	Graded Fitness Test & Journal Assignment
	2.3 SMART Goals Journal Entry	Graded Journal Entry
	2.4 Seeking Support Assignment	Graded Assignment

Module 3	Flexibility	
Unit Objectives:	<ul style="list-style-type: none"> • Define flexibility, identify muscle types, and identify factors that affect your flexibility. • Identify the risks of poor flexibility as well as the benefits of maintaining your flexibility. • Identify and choose methods of improving your flexibility to help you reach your fitness goals. 	
Standards	Assignment	Description
MDE K-12 PE Standards: S3.9.L1, S3.6.L1 National PE Standards: 1, 2, 3, 4, 5	3.1 Muscle Types & Flexibility Factors Quiz	Graded Quiz
	3.2 Flexibility Risks & Benefits Quiz	Graded Quiz
	3.3 Improving Flexibility Journal Entry	Graded Journal Entry
	Mod 3 Fitness Calendar & Reflection	Graded Journal Entry
Module 4	Cardiovascular Fitness	
Unit Objectives:	<ul style="list-style-type: none"> • Identify elements of the cardiovascular system and recognize how it relates to fitness. • Calculate and apply Target Heart Rate in a self-chosen physical activity. • Identify the risks or poor cardiovascular health. • Recognize and apply some methods of preventing cardiovascular disease. • Identify and apply FIT principles as well as identify and define the three training principles of overload, specificity, and progression. 	
Standards	Assignment	Description
MDE K-12 PE Standards: S3.10.L1, S3.10.L2, S3.6.L1 National PE Standards: 1, 2, 3, 4, 5	4.1 Target Heart Rate Assignment	Graded Assignment
	4.1 Cardiovascular System Quiz	Graded Quiz
	4.2 Cardiovascular Health PSA & Discussion	Graded Discussion
	4.3 FIT Principles Assignment	Graded Assignment
	4.3 FIT Principles Quiz	Graded Quiz
	Mod 4 Fitness Calendar & Reflection	Graded Journal Entry
Module 5	Muscular Fitness	

Unit Objectives:	<ul style="list-style-type: none"> • Identify the structure of skeletal muscle and fiber types as they relate to muscle development. • Distinguish between sets and repetitions and identify types of strength exercises for personal fitness development. • Identify the risks of poor muscle fitness as well as the benefits of improving muscular fitness. • Identify and apply safety precautions for strength training. • Apply strength training exercises to a fitness goal. 	
Standards	Assignment	Description
MDE K-12 PE Standards: S3.9.L1, S3.9.L1, S3.6.L1 National PE Standards: 1, 2, 3, 4, 5	5.1 Muscle Properties & Fibers Quiz	Graded Quiz
	5.2 Repetitions & Sets Quiz	Graded Quiz
	5.3 Muscular Fitness Plan Assignment	Graded Assignment
	5.3 Strength Training Safety Quiz	Graded Quiz
	Mod 5 Fitness Calendar & Reflection	Graded Journal Entry
	Mid-way Fitness Level Test & Reflection	Graded Fitness Test & Journal Entry
Module 6	Body Awareness	
Unit Objectives:	<ul style="list-style-type: none"> • Identify and define three body types. • Define body composition and calculate BMI. • Explain the effects of media on body image and evaluate the validity of claims made by commercial products and programs pertaining to fitness. • Describe a plan for achieving or maintaining a healthy weight. 	
Standards	Assignment	Description
	6.1 Body Composition Discussion	Graded Discussion
	6.1 Body Types Quiz	Graded Quiz
	6.2 Body Image & The Media Discussion	Graded Discussion
	6.3 Healthy Weight Journal Entry	Graded Journal Entry
	Mod 6 Fitness Calendar & Reflection	Graded Journal Entry
Module 7	Nutritional Fitness	
Unit Objectives:	<ul style="list-style-type: none"> • Identify and define macronutrients and micronutrients. • Investigate the relationships among physical activity, nutrition, and body composition. • Use nutrition labels to create a snack plan that addresses physical needs during the stages of a workout. 	

	<ul style="list-style-type: none"> Design and implement a nutrition plan to maintain an appropriate energy balance for a healthy, active lifestyle. 	
Standards	Assignment	Description
MDE K-12 PE Standards: S3.1.L2, S3.13.L1, S3.13.L2, S3.6.L1 National PE Standards: 1, 2, 3, 4, 5	7.1 Food & Fitness Journal Entry	Graded Journal Entry
	7.2 Exercise Snack Plan Assignment	Graded Assignment
	7.3 My Meal Plan Assignment	Graded Assignment
	Mod 7 Fitness Calendar & Reflection	Graded Journal Entry
Module 8	Mental & Emotional Fitness	
Unit Objectives:	<ul style="list-style-type: none"> Identify and apply stress-management strategies to reduce stress as well as assess your own stress level. Explain the importance of sleep to fitness as well as identify and apply strategies for improving the quality of your sleep. Identify the benefits of emotional fitness as well as the risks of poor emotional fitness. Locate resources online and in your area for improving emotional fitness. 	
Standards	Assignment	Description
MDE K-12 PE Standards: S3.14.L1, S3.14.L2, S3.6.L1 National PE Standards: 1, 2, 3, 4, 5	8.1 Stress Management Journal Entry	Graded Journal Entry
	8.2 Sleep Diary Journal Entry	Graded Journal Entry
	8.3 Mental & Emotional Fitness Fact Sheet & Discussion	Graded Discussion
	Fitness Level Post-Test & Reflection	Graded Fitness Test & Journal Entry
	Final Fitness Calendar & Final Reflection	Graded Journal Entry