

# WARREN COUNTY SCHOOL DISTRICT

## Planned Instruction

**Course Title** Lifestyle Conditioning

**Course Number** 00632

**Suggested Educational Level(s):** 9-12

**Suggested Periods Per Week:** 5 **Length of Period:** 40 min

**Suggested Length Of Course:** Semester

**Units Of Credit (If Appropriate):** .25

**Date Written:** February 2003 **Date Approved:** February 24, 2003

**Date Reviewed:** 2002-2003 **Implementation Year:** 2003-2004

**Teacher Certification Required:** Health and Physical Education

**Standards Addressed (code):** 10.1.12 B, C  
10.3.12 D  
10.4.12 A, B, C, D, E, F  
10.5.12 A, D, E

**Relationship to Other Planned Instruction:** Elective Course; can substitute for P.E. 9-12

**Prerequisites:** None

**Special Requirements:** Appropriate instructional modifications will be made for students with i.e.p's. and g.i.e.p's.

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**Standards addressed (code and description):**

- 10.1.12      B.    Evaluate factors that impact the body systems and apply protective/preventive strategies.
- C.    Analyze factors that impact nutritional choices of adults.
- 10.3.12      D.    Evaluate the benefits, risks and safety factors associated with self-selected life-long physical activities
- 10.4.12      A.    Evaluate and engage in an individualized physical activity plan that supports achievement of personal fitness and activity goals and promotes.
- B.    Analyze the effects of regular participation in a self-selected program of moderate to vigorous physical activities.
- C.    Evaluate how changes in adult health status may affect the responses of the body systems during moderate to vigorous physical activities.
- D.    Evaluate factors that affect physical activity and exercise preferences of adults.
- E.    Analyze the interrelationships among regular participation in physical activity, motor skill improvement and the selection and engagement in lifetime physical activities.
- F.    Assess and use strategies for enhancing adult group interaction in physical activities.
- 10.5.12      A.    Apply knowledge of movement skills, skill-related fitness and movement concepts to identify and evaluate physical activities that promote personal lifelong participation.
- D.    Incorporate and synthesize knowledge of exercise principles, training principles and health and skill-related fitness components to create a fitness program for personal use.
- E.    Evaluate movement forms for appropriate application of scientific and biomechanical principles.

**COURSE DESCRIPTION:**

The Lifestyle Conditioning course is designed to meet the needs of students who desire a physical education program in a less competitive environment. The student will participate in individualized activities designed to improve cardiovascular and muscle endurance, muscle strength, flexibility, and body composition. Lifestyle Conditioning may replace a physical education class each year for four (4) years.

### **Outline of Content Sequence and Recommended Time (weeks or days):**

#### **Content:**

- A. Motor Fitness – (30 hours) – (10.4.12 A) (10.5.12A)
  - 1. Aerobic activities
  - 2. Anaerobic activities
  
- B. Physical fitness – (15 hours) – (10.4.12A)
  - 1. Endurance
  - 2. Strength
  - 3. Speed
  - 4. Flexibility
  - 5. Agility
  - 6. Body response monitoring
  
- C. Cognitive – (10 hours)
  - 1. Terminology
  - 2. Safety (10.3.12 D)
  - 3. Benefits of physical fitness (10.4.12 B) (10.4.12 F)
  - 4. Concepts of activity ((10.4.12 C, D, E)(10.5.12 D, E)
  - 5. Nutrition 10.1.12 B, C

### **Specific Educational Objectives to be Taught:**

(10.1.12 B) 1. The student will evaluate factors that impact the body systems and apply protective/preventive strategies related to self selected life-long physical activities.

(10.1.12 C) 2. The student will analyze factors that impact nutritional choices of adults related to self selected life-long physical activities.

(10.3.12 D) 3. The student will evaluate the benefits, risks and safety factors associated with self selected life-long physical activities.

(10.4.12 A) 4. The student will develop and engage in an individualized physical activity plan that focus on personal fitness and activity goals.

(10.4.12 B, C, D)

5. The student will evaluate and identify factors that affect physical activity and the body's response during activity according to changes in adult health status.

(10.4.12.E, F) 6. The student will experience interrelationships among regular participation in activity, skill improvement and the selection in lifetime physical activities.

(10.5.12 A) 7. The student will apply knowledge of movement skills, skill related fitness and movement concepts to identify and evaluate physical activities that promote personal lifelong participation.

(10.5.12 D, E) 8. The student will be able to incorporate age appropriate vocabulary for principles of training and biomechanical movement.

**Summative Assessments:** Attached

**Required/Approved Textbooks and Materials:**

**Book Title:**

**Publisher:**

**ISBN #:**

**Copyright:**

**Date of Adoption:**