**COURSE DESCRIPTION**

**Course Title:** Walking for Personal Fitness

**Course Number:** 00628

**Course Prerequisites:** None

**Course Description:** This course is designed to provide an opportunity for students to develop a fitness workout plan through the activity of walking and other forms of aerobic exercise. Flexibility, cardiovascular endurance, muscular endurance, and muscle strength will be emphasized. The Walking for Personal Fitness course will help students develop a healthy lifestyle pattern by using walking and other forms of aerobic activity. This course is geared for the non-sports-oriented student who wants to maintain or increase their overall fitness level.

**Suggested Grade Level**: Grades 9-12

**Length of Course:** One Semester

**Units of Credit:** .5

**PDE Certification and Staffing Policies and Guidelines (CSPG) Required Teacher Certifications:**

CSPG 47

To find the CSPG information, go to [CSPG](https://www.education.pa.gov/Educators/Certification/Staffing%20Guidelines/Pages/default.aspx)

**Certification verified by the WCSD Human Resources Department:** [x] Yes [ ] No

**WCSD STUDENT DATA SYSTEM INFORMATION**

**Course Level:** Academic

**Mark Types:** Check all that apply.

[x] F – Final Average [x] MP – Marking Period [ ] EXM – Final Exam

**GPA Type**: [ ]  GPAEL-GPA Elementary [ ]  GPAML-GPA for Middle Level [x]  NHS-National Honor Society

[ ]  UGPA-Non-Weighted Grade Point Average [ ]  GPA-Weighted Grade Point Average

**State Course Code**: 08049

To find the State Course Code, go to [State Course Code](https://nces.ed.gov/forum/sced.asp), download the Excel file for *SCED*, click on SCED 6.0 tab, and choose the correct code that corresponds with the course.

**TEXTBOOKS AND SUPPLEMENTAL MATERIALS**

**Board Approved Textbooks, Software, and Materials:**

**Title:**  N/A

**Publisher:** N/A

**ISBN #:**  N/A

**Copyright Date:** N/A

**WCSD Board Approval Date:** N/A

**Supplemental Materials:** N/A

**Curriculum Document**

**WCSD Board Approval:**

**Date Finalized:** 3/21/2024

**Date Approved:**  6/10/2024

**Implementation Year:** 2024-2025

**SPECIAL EDUCATION, 504, and GIFTED REQUIREMENTS**

The teacher shall make appropriate modifications to instruction and assessment based on a student’s Individual Education Plan (IEP), Chapter 15 Section 504 Plan (504), and/or Gifted Individual Education Plan (GIEP).

**SCOPE AND SEQUENCE OF CONTENT AND CONCEPTS**

**Marking Period 1**

Aerobic Walking

Interval Training

Walking for Cardiovascular Endurance

Circuit Training Walking

**Marking Period 2**

Aerobic Walking

Interval Training

Walking for Cardiovascular Endurance

Circuit Training Walking

**Marking Period 3**

Aerobic Walking

Interval Training

Walking for Cardiovascular Endurance

Circuit Training Walking

**Marking Period 4**

Aerobic Walking

Interval Training

Walking for Cardiovascular Endurance

Circuit Training Walking

**Standards/Eligible Content and Skills**

|  |  |  |
| --- | --- | --- |
| **Performance Indicator**   | **PA Core Standard and/or Eligible Content**  | **Marking Period Taught**  |
| Evaluate the benefits, risks and safety factors associated with self-selected life-long physical activities.  | 10.3.12.D  | All  |
| Evaluate and engage in an individualized physical activity plan that supports achievement of personal fitness and activity goals and promotes life-long participation.  | 10.4.12.A  | All  |
| Analyze the effects of regular participation in a self-selected program of moderate to vigorous physical activities.  | 10.4.12.B  | All  |
| Evaluate factors that affect physical activity and exercise preferences of adults.  | 10.4.12.D  | All  |
| Analyze the interrelationships among regular participation in physical activity, motor skill improvement and the selection and engagement in lifetime physical activities.  | 10.4.12.E  | All  |
| Assess and use strategies for enhancing adult group interaction in physical activities.  | 10.4.12.F  | All  |
| 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.A  | All  |
| Incorporate and synthesize knowledge of motor skill development concepts to improve the quality of motor skills.  | 10.5.12.B  | All  |
| Evaluate the impact of practice strategies on skill development and improvement.  | 10.5.12.C  | All  |
| Incorporate and synthesize knowledge of exercise principles, training principles and health and skill-related fitness components to create a fitness program for personal use.   | 10.5.12.D  | All  |
| Evaluate movement forms for appropriate application of scientific and biomechanical principles. (efficiency of movement/mechanical advantage/kinetic energy/potential energy/inertia/safety)   | 10.5.12.E  | All  |

**ASSESSMENTS**

**PDE Academic Standards, Assessment Anchors, and Eligible Content: The** teacher must be knowledgeable of the PDE Academic Standards, Assessment Anchors, and Eligible Content and incorporate them regularly into planned instruction.

**Formative Assessments:** The teacher will utilize a variety of assessment methods to conduct in-process evaluations of student learning.

**Effective formative assessments for this course include:** Teacher Observation, Fitness Testing, Participation, Sportsmanship, Preparation (Proper Fitness Attire)

**Summative Assessments: The** teacher will utilize a variety of assessment methods to evaluate student learning at the end of an instructional task, lesson, and/or unit.

**Effective summative assessments for this course include:** Participation, Sportsmanship, Preparation (Proper Fitness Attire)