

Course Title: Sports & Fitness
Credit: .5 credit

Board Approval Date: June 2011

Course Description:

Through classroom work and practical application in the gymnasium, students will be able to make informed decisions regarding their personal fitness and sports participation. Through discussion and assignments, students will also investigate the role of youth sports in American society. Other topics include weight training, diet, the effects of drugs, mental aspects of sports, training techniques, injuries, careers in fitness and the benefits/risk of participation in athletics.

Learning Activities/Methods of Assessment:

Large group instruction
Small group work
Tests and Quizzes
Checklists/Teacher observation
Computer research
Projects with Rubrics

Instructional Resources:

Sports in America: Opposing Viewpoints (1994)
Foundations in Personal Fitness (1997)
How to Get a Job in Sports (1992)
Sports Health (1981)

Course Pacing Guide

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Course Unit (Topic)	Length of Instruction (Days/Periods)
1. Youth in Sport (a critique)	13 Days
2. Athletics & Athletes (role & purpose)	15 Days
3. Foundations of Fitness (athletes & non-athletes)	15 Days
4. Foundations of Exercise (athletes & non-athletes)	15 Days
5. Consumer advocacy (exercise/fitness plans for sale)	10 Days
6. Common sports injuries	8 Days
7. Sport and its role in our Society	12 Days
8. Preview-Careers in Sport/Fitness	3 Days