

# Advanced Fitness and Conditioning



## Course Syllabus

### Supervising Teacher

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### Course Description:

**Advanced Fitness and conditioning**      **1 credit**      **1 semester**      **Grades 11-12**

**Pre-requisite: Fitness and Conditioning**

**This course will meet the Physical Education requirement for graduation. Do not take this course unless you have access to a training facility (or weight system at home) and can commit to a rigorous weight training and cardio-respiratory routine.** This course is a continuation of the Fitness and Conditioning course and will call upon established knowledge of fitness principles and components in order to specifically apply them to a fitness goal. This course is designed to give students the opportunity to learn fitness concepts and conditioning techniques used for obtaining **optimal physical fitness**. Students will benefit from comprehensive weight training and cardio-respiratory endurance activities.

**Standards included in this course:** Only standards 3 & 4 must be represented in the portfolio.

### Recommended Textbook

### Supplies or Equipment Required:

#### Foundations of Personal Fitness

Contains information regarding fitness principles, body systems, effective fitness strategies and nutrition for fitness.

**ISBN#  
0078451272**

This course requires a commitment to daily fitness activities.

\*Access to a weight room and/or physical training facility is **required.** \*

### **End of Course Assessment:**

The student will be required to provide samples of work for this course within a standards-based portfolio as well as complete one of the following:

#### ***Graded Anchor Assignments***

The student will complete **four anchor assignments** for this course. Each assignment will correlate with a PE standard. The student will be given the assignments upon enrollment into the course.

#### ***Activity Log – Required***

The student will present an activity log indicating that he/she has completed the required amount of activity hours for this course. **The activities must align with course requirements. For example, representation of strength and fitness components which adhere to the fitness program the student has committed to.**

**I ask that the activity logs be sent to me monthly (uploaded into Moodle) along with the anchor assignment due for that month. The final activity log will be required the final week of the semester and must contain at least 60 hours of activity.**

### **Course Evaluation:**

**Anchor assignments and Activity Log– 40% of overall grade  
Parent – 60% of overall grade (participation, written and skills tests).**

In order to receive 1 credit, the student must complete **at least 60 hours of activity and instruction**. The grading scale is as follows:

60 Hours = 70%  
70 Hours = 80%  
80 Hours = 90%  
90 Hours = 100%

It is recommended that kids be active for at least 60 minutes a day (throughout the day or all at once), to maintain a healthy lifestyle.

This course requires an activity log to be kept, which includes the activity, the date, and the time spent participating in the activity. **Activities are focused on improving muscular strength and strength and cardio-respiratory fitness. This course does not include an emphasis on skill-based sports and activities.**

Students will **list their fitness goals and will focus on two different fitness activities** to improve on. It is recommended that the students log **at least four hours** (of exercise) per week. **Hours logged as exercise must equal at least 50 hours. Remaining hours can include the time spent studying, creating the fitness program and learning about the principles.**

**I-DEA Student Honor Code:**

With any form of valid proof of dishonesty with regard to student work or testing, the instructor may elect from a range of actions. Academic dishonesty could lead to a zero grade for the assignment or even failure for the entire course following consultation between the instructor, Secondary Supervisor, and Director.

All students must adhere to the **Honor Code:**

***“On my honor, I will maintain the highest possible standards of honesty, integrity and personal responsibility. This means I will not lie, cheat or steal, and as a member of this academic community, I am committed to creating an environment of respect and mutual trust.”***

**Idaho Content Standards for Physical Education:**

<http://www.sde.idaho.gov/site/csh/docs/Standards/PE%20IDAHO%20CONTENT%20STANDARDS%20Approved%201-2010%20for%20School%20District%20Adoption%20Fall%202010.pdf>



