



Credit Recovery PE 2

This course is designed to teach students the basic principles of fitness and help students establish a regular exercise routine, achieve a base level of fitness, and gain an appreciation for physical activity.

UNIT 1: GETTING STARTED (Time Estimate for Content Study 12.5 hours)

Discussion 1: Fitness Professional

Assignment 1a: Course Contract

Assignment 1b: Create a Workout Schedule

Learning Objectives:

- Explain the requirements for the course.
- Describe the recommendations for cardio, strength, and flexibility exercises
- Explore professions in the health field
- Outline the various components of fitness
- Understand exercise guidelines and the FITT principles
- Create a six week workout schedule
- Begin an exercise program

UNIT 2: GOAL SETTING (Time Estimate for Content Study 12.5 hours)

Discussion 2: Strongest & Weakest Areas

Assignment 2: Goal Setting

Learning Objectives:

- Explain safe and effective steps for beginning an exercise program
- Analyze your fitness level based on different components
- List tips on finding time to exercise
- Explain the difference between goals, objectives, and action plans.
- Create personal fitness goals, objectives, and action items

UNIT 3: HOLISTIC HEALTH (Time Estimate for Content Study 12.5 hours)

Discussion 3: Effects of Fitness

Assignment 3: Venn Diagram

Learning Objectives:

- List the five main aspects of health
- Describe how the aspects of health influence each other



- Explain how physical fitness is important not only for one's physical health
- Provide an example of influencing health aspects from your own life
- Identify controllable and uncontrollable risk factors

UNIT 4: CARDIO TRAINING (Time Estimate for Content Study 12.5 hours)

Discussion 4: The Couch Potato Effect

Assignment 4: Sport or Exercise Power Point

Learning Objectives:

- Define the terms aerobic and anaerobic
- Apply the FITT principles to cardiovascular workouts
- Use proper guidelines and safety techniques when performing cardio exercises
- Explain the benefits of cardiovascular exercise

UNIT 5: STRENGTH & FLEXIBILITY TRAINING (Time Estimate for Content Study 12.5 hours)

Discussion 5: Workout Preferences

Assignment 5: Personal Training Session

Learning Objectives:

- Explain the principles of exercise and strength training, such as overload, progression, specificity, and reversibility
- Apply the FITT principles to strength training workouts
- Use proper guidelines and safety techniques when performing strength training exercises
- Apply the FITT principles to flexibility training
- Use proper guidelines and safety techniques when performing flexibility training exercises

UNIT 6: DIET & EXERCISE (Time Estimate for Content Study 12.5 hours)

Discussion 6: To Eat or Not To Eat

Assignment 6: Food Diary

Learning Objectives:

- List the six essential nutrients
- Compare and contrast carbohydrates, proteins, and fats
- Explain how carbohydrates, proteins, and fats are utilized during exercise