

“MAKE FITNESS YOUR LIFETIME ADDICTION”

**Course description:**

This course helps students develop a personalized approach to performance enhancement and healthy living. Students will learn the benefits of total fitness, weight training, nutrition, sports psychology, intrinsic motivation, functional anatomy in an enhanced athletic setting.

**Assessment and Evaluation:**

The assessment and evaluation in this course will come from a variety of areas including the pre/post course fitness appraisal, the fitness log / record card, active daily participation, health and personal fitness tests and quizzes, performance records in cardiovascular fitness, muscular strength, speed, flexibility, explosive power and agility improvements.

**By the end of this course students will have learned a great deal about themselves:**

- Their strengths and weaknesses and a variety of techniques to improve their overall cardio, strength, core power and flexibility
- They will be able to demonstrate proper safe usage of all machines in the fitness center and discuss with clarity all the major muscle groups being stressed on each of them
- It is also the aim that the student will have the opportunity to make a personal application to their own sport training possibilities.

Term work Assessment	Final Summative Assessment
70 % of final mark	30 % of final mark
1. Active Participation (50 %) Fitness Improvement MOVEMENT COMPETENCE & ACTIVE LIVING	1. Final Exam (15 %) OR 2. Portfolio/Journal, Lab, Interview
2. Health (15 %) HEALTHY LIVING	2. <u>Personal Fitness Project</u> Create your own crossfit workout Typed PP/Prezi, imovie, presentation (15 %) <u>Demonstration of Learning</u>
3. Safety / Skills (5 %)	