

MODESTO CITY SCHOOLS COURSE OUTLINE

Course Title	Fitness Lifestyle Design OLL S1	Fitness Lifestyle Design OLL S2
Course Number	OLL48151	OLL48152
Recommended Grade	<input type="checkbox"/> 7 <input type="checkbox"/> 8 <input checked="" type="checkbox"/> 9 <input checked="" type="checkbox"/> 10 <input checked="" type="checkbox"/> 11 <input checked="" type="checkbox"/> 12	
Duration	<input type="checkbox"/> Quarter <input checked="" type="checkbox"/> Semester	
Credit	<input type="checkbox"/> 2.5 <input checked="" type="checkbox"/> 5 <input type="checkbox"/> 10	
Repeatable for Credit	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No	
Required for Graduation	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	
Meets Graduation Requirement	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	
CALPADS Course Number		
CALPADS Course Name		
Meets UC/CSU Requirements	<input type="checkbox"/> Yes <input type="checkbox"/> No If yes, which area? <input type="checkbox"/> A <input type="checkbox"/> B <input type="checkbox"/> C <input type="checkbox"/> D <input type="checkbox"/> E <input type="checkbox"/> F <input type="checkbox"/> G	
CTE Course	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No	
CTE Course Level	<input type="checkbox"/> Introduction <input type="checkbox"/> Concentrator <input type="checkbox"/> Capstone N/A	
Part of a Course Pathway	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No If yes, which pathway?	
Credential Requirements		
Replaces	N/A	
Recommended Prerequisites	N/A	
Aligned to Standards Date		
Content Delivery Method	<input type="checkbox"/> Instructor Led <input checked="" type="checkbox"/> Online Provider Modesto Virtual Academy	
Other Information		
Board Approval Date		
Implementation Date	Fall 2020	

Course Description:

Required Text(s): (Title, Publisher, Year):

Supplementary Materials(s):



Course Name: Fitness Lifestyle Design v17

Course Credit: 0.5

Course Estimated Completion Time: 14-16 weeks

Course Description: This course was designed to offer three modules of motivation for teens. The modules—Move Strong, Live Well, and Eat Healthy—guide students through learning about strength and endurance training, choosing lifetime fitness activities, and connecting nutrition to lifetime fitness. The course is filled with language and images that reflect strength and diversity to motivate teens and allow them to envision themselves committing to fitness.

Prerequisites: none

Honors Lessons:

Course Profile (Includes Honors, if applicable)

Type of Assessment	Quantity	Location(s)
Teacher-graded	11	1.05,1.06, 1.11, 2.03, 2.06, 2.11, 3.04,3.05, 3.09
Auto-graded	31	
Partial Auto-graded	0	0
Discussion-Based (DBA)	3	1.11, 2.11, 3.09
Collaboration	1	
Project-based	0	0
Total Assessments	42	

Types of Assessments (Includes Honors, if applicable)

Type of Assessment	Available	Type of Assessment	Available
Multiple Choice	Yes	Essay	No
Worksheets	Yes	Collaborative	Yes
Web 2.0		Short Response	Yes
Project - Based		Labs	
Self - Check	Yes	DBAs	Yes

Scope and Sequence

Module 01- Move Strong

Exercise Safety

Components of Fitness

Benefits of Exercise

Risks for Disease

Healthy Lifestyle

Overcoming Excuses

Fitness Testing

Goal Setting

Training and conditioning

Cardiorespiratory Fitness

Strength and Endurance

Heart Rates

Flexibility

Workout Plan Designing

Logging activity time

Module 02- Live Well

Stress Relief

Sleep

Safe Exercise Equipment

Equipment Purchases

Athletes with Disabilities

Cultural influences

Modifying fitness activities

Participation in Team Sports/Group Activities

Recreational Activities

Community and School Fitness Opportunities

Proper Form

Analyzing Workout Facilities/Trainers

Module 03- Eat Healthy

Nutritional Habits

Vitamins and Minerals

Dietary Guidelines

Dietary Choices and Variations

Food Labels/Nutritional Claims

Calorie Counting

Activity Levels

BMI Measurement Tools

Serving Sizes

Meal Planning

Food journal

Hydration