

MODESTO CITY SCHOOLS COURSE OUTLINE

Course Title	Personal Fitness OLL S1	Personal Fitness OLL S2
Course Number	OLL48131	OLL48132
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: Personal Fitness v10

Course Credit: 0.5

Estimated Completion Time: 1 Semester / 16-18 Weeks

Course Description: In this Personal Fitness course, students are required to participate in weekly cardiovascular, flexibility and strength and endurance activities. Students who are unable to participate in such physical exercises will be unable to complete the requirements of this course. Students who have an Individualized Educational Plan (IEP) or some other physical limitation that prevents them from participating in physical activity should seek to enroll in an Adaptive Physical Education course.

Discussion-Based Assessments: 2.04, 4.05, 6.02, 8.01

Collaboration Assignments: 2.05, 3.02, 4.04, 8.02

Scope and Sequence:

Module 1: Welcome Center

- Tracking Your Stay
- How Fit Are You?
- Flexibility Training Principles
- Bend and Stretch
- Stretching Safely
- Flexibility Workout Log

Module 2: Rec Center

- Welcome to the Rec Center
- Health Risk Factors
- Health vs. Skill Related Exercise
- Warm Up/Cool Down
- Common Injuries

Module 3: Teen Center

- Stress - A Fact of Life
- Stress and Coping Strategies
- Manage Your Stress

- Goal Setting

Module 4: Health Club

- Cardiovascular Health
- Monitoring the Heart
- Cardiovascular Disease
- What is Cardiovascular Activity?
- Principles of Cardiovascular Fitness
- Cardiovascular Workout Log

Module 5: Wellville Gym

- Muscular Fitness Training
- Safety Precautions
- Your Muscular Fitness Program
- Principles of Muscular Fitness
- Muscular Fitness Workout Log

Module 6: Wellville Café

- Food and Its Relationship to Health
- Evaluate Your Personal Menu
- Food Labels and You
- Wellville Water

Module 7: Body Shop

- How Are You Built?
- What's Inside Your Skin?
- Input, Output and Calories
- Weight: Keeping it Under Control
- Eating and Weight Issues

Module 8: Medical Center

- Final Fitness Test
- Varying Activities