



**Madison County Public Schools**  
**Personal Fitness**

TEACHER:	Charlotte Perlis	LOCATION:	Gym
		EMAIL ADDRESS:	<a href="mailto:cperlis@madisonschools.k12.va.us">cperlis@madisonschools.k12.va.us</a>
		PHONE NUMBER:	540-948-3785
		EXTENSION:	4550

### **COURSE DESCRIPTION**

Personal Fitness is an elective physical education course that focuses on fitness, strength training, physical conditioning, and lifetime health concepts, activities and knowledge to promote health and wellness. This course is structured to develop individualized knowledge of weight training and physical conditioning for the beginning student and the advanced student. The course requires mastery of training principles and thorough understanding of fitness center safety rules prior to participation in weight room laboratory experiences. The course content is presented so that selected strategies and instructional techniques are designed to improve muscular strength and endurance, flexibility, and cardiorespiratory endurance. Students will gain the necessary information and skills to plan and implement a personal fitness and conditioning program that includes skill- and health-related fitness components to achieve and maintain a health-enhancing level of physical fitness for a lifetime. Various training models will be presented that allow flexibility of instruction among diverse student needs. Students will continue to implement and modify personal fitness and conditioning programs.

### **COURSE OBJECTIVES**

1. The student will demonstrate mastery of movement skills and patterns used to perform a variety of strength training, physical conditioning, and fitness-based activities.
2. The student will describe major body systems and explain the effects of physical activity on the systems.
3. The student will create a personal fitness and conditioning program for skill- and health-related components of fitness.
4. The student will demonstrate social-competency skills in physical activity settings.
5. The student will explain energy balance in relation to health-enhancing nutritional and activity practices.

### **COURSE OVERVIEW**

#### ***Rules and Procedures***

1. Students should be in the locker rooms before the tardy bell rings. Students will be given 5 minutes to dress at the beginning of class and approximately 8 minutes at the end of class.
2. Do not leave the locker room/gym area until dismissed by the teacher or the bell rings. Doing so will result in an administrative referral.
3. Students are expected to wear proper P.E. attire and be ready to participate.
  - a. You must change clothes from what you wear to school
  - b. You must adhere to the school dress code
  - c. Tennis shoes
  - d. Athletic shorts/pants and shirt
  - e. Shorts must have a minimal 6 inch in seem
  - f. You must remove jewelry, watches, dangling earrings, etc.
  - g. No skirts, tank tops, cut off shorts, winter coats, spandex, etc.
4. Students are responsible for securing their PE lockers at all times and the PE department is not responsible for lost or stolen items.
5. Students may not use equipment unless under direct supervision of the teacher.
6. All injuries need to be reported to the teacher before the end of class.
7. When students enter the gym after changing, they are expected to walk and will report to exercise rows when the whistle blows for attendance and announcements.
8. Students will follow teacher instructions to ensure a safe learning environment.
9. No food or drinks allowed in the gym except plastic water bottles with tops.
10. **CLASSROOM VALUES:** Students are expected to exhibit professional behaviors and dispositions at all times. Be respectful of other students, equipment, and teachers at all times and always demonstrate good sportsmanship during all activities.



## TENTATIVE COURSE SCHEDULE

A tentative schedule is included, but may be altered; other material may be included as needed. **\*\*Note:** Faculty reserves the right to alter the schedule as necessary.

DATE			TOPIC	TEST & ASSESSMENT DATES
T	August	16	First day of school - review syllabus, review rules and procedures, distribute locks	
w	August	17	Fitness Testing	
Th	August	18	Fitness Testing	
F	August	19	Fitness Testing	Fitness Testing Assessment, Weekly Student Engagement Assessment, Terminology Quiz
M	August	22	Intro to lifts & Fitness Center Safety Rules	
T	August	23	Intro to lifts & Fitness Center Safety Rules	
w	August	24	Intro to lifts & Fitness Center Safety Rules	
Th	August	25	Intro to lifts & Fitness Center Safety Rules	
F	August	26	Intro to lifts & Fitness Center Safety Rules	Weekly Student Engagement Assessment, Unit Quiz, Skills Test - Spotting and Safety
M	August	29	Muscular System	
T	August	30	Muscular System	
w	August	31	Muscular System	
Th	September	1	Muscular System	
F	September	2	Muscular System	Weekly Student Engagement Assessment, Unit Quiz, Skills Test - Back Squat
<b>M</b>	<b>September</b>	<b>5</b>	<b>NO SCHOOL – Labor Day</b>	
T	September	6	Muscular System	
w	September	7	Muscular System	

Th	September	8	Muscular System	
F	September	9	Muscular System	Weekly Student Engagement Assessment, Unit Quiz, Skills Test - Bench Press
M	September	12	Cardiovascular System	
T	September	13	Cardiovascular System	
W	September	14	Cardiovascular System	
Th	September	15	Cardiovascular System	
F	September	16	Cardiovascular System	Weekly Student Engagement Assessment, Unit Quiz, Skills Test - Bent Over Row
M	September	19	Cardiovascular System	
T	September	20	Cardiovascular System	
W	September	21	Cardiovascular System	
Th	September	22	Cardiovascular System	
F	September	23	Cardiovascular System	Weekly Student Engagement Assessment, Unit Quiz, Skills Test - Upright Row
M	September	26	Components of Health Related Fitness	
T	September	27	Components of Health Related Fitness	
W	September	28	Components of Health Related Fitness	
Th	September	29	Components of Health Related Fitness	
F	September	30	Components of Health Related Fitness	Weekly Student Engagement Assessment, Unit Quiz, Skills Test - Deadlift
M	October	3	Components of Skill Related Fitness	
T	October	4	Components of Skill Related Fitness	
W	October	5	Components of Skill Related Fitness	

Th	October	6	Components of Skill Related Fitness	
F	October	7	Components of Skill Related Fitness	Weekly Student Engagement Assessment, Unit Quiz, Skills Test - Biceps Curl
M	October	10	Health Related Fitness and Health Problems	
T	October	11	Health Related Fitness and Health Problems	
W	October	12	Health Related Fitness and Health Problems	
Th	October	13	Health Related fitness and Health Problems ½ Day for students	Weekly Student Engagement Assessment, Unit Quiz, Skills Test - Front Raise
F	October	14	No School for Students - Teacher Work Day	
M	October	17	Principles of Training - specificity, individualization, progressive overload and variation	
T	October	18	Principles of Training - specificity, individualization, progressive overload and variation	
W	October	19	Principles of Training - specificity, individualization, progressive overload and variation	
Th	October	20	Principles of Training - specificity, individualization, progressive overload and variation	
F	October	21	Principles of Training - specificity, individualization, progressive overload and variation	Weekly Student Engagement Assessment, Unit Quiz, Skills Test - Lateral Raise
M	October	24	Personal Fitness and Conditioning Program Development Project	
T	October	25	Personal Fitness and Conditioning Program Development Project	
W	October	26	Personal Fitness and Conditioning Program Development Project	
Th	October	27	Personal Fitness and Conditioning Program Development Project	
F	October	28	Personal Fitness and Conditioning Program Development Project	Weekly Student Engagement Assessment
M	October	31	Benefits of Strength Training	

T	November	1	Benefits of Strength Training	
W	November	2	Benefits of Strength Training	
Th	November	3	Benefits of Strength Training	
F	November	4	Benefits of Strength Training	Weekly Student Engagement Assessment, Unit Quiz, Skills Test - Overhead Press
M	November	7	Risks of Performance Enhancing (ergogenic) Supplements	
T	November	8	Risks of Performance Enhancing (ergogenic) Supplements	
W	November	9	Risks of Performance Enhancing (ergogenic) Supplements	
Th	November	10	Risks of Performance Enhancing (ergogenic) Supplements	
F	November	11	Risks of Performance Enhancing (ergogenic) Supplements	Weekly Student Engagement Assessment, Unit Quiz, Skills Test - Push Press
M	November	14	Consequences of Energy Imbalance	
T	November	15	Consequences of Energy Imbalance	
W	November	16	Consequences of Energy Imbalance	
Th	November	17	Consequences of Energy Imbalance	
F	November	18	Consequences of Energy Imbalance	Weekly Student Engagement Assessment, Unit Quiz, Skills Test - Flys
M	November	21	Weight Management & Energy Balance	
T	November	22	Weight Management & Energy Balance	In class Assignments Due
W	November	23	No School - Thanksgiving	
Th	November	24	No School - Thanksgiving	
F	November	25	No School - Thanksgiving	
M	November	28	Consequences of Inactive Lifestyles	
T	November	29	Consequences of Inactive Lifestyles	

W	November	30	Consequences of Inactive Lifestyles	
Th	December	1	Consequences of Inactive Lifestyles	
F	December	2	Consequences of Inactive Lifestyles	Weekly Student Engagement Assessment, Unit Quiz, Skills Test - Hang Cleans
M	December	5	Fitness Testing	
T	December	6	Fitness Testing	
W	December	7	Fitness Testing	
Th	December	8	Fitness Testing	
F	December	9	Fitness Testing	Weekly Student Engagement Assessment, Terminology Quiz, Fitness Testing Assessment
M	December	12	Personal Fitness and Conditioning Program Development Project	
T	December	13	Personal Fitness and Conditioning Program Development Project	
W	December	14	Personal Fitness and Conditioning Program Development Project	
Th	December	15	Personal Fitness and Conditioning Program Development Project	
F	December	16	Personal Fitness and Conditioning Program Development Project	Personal Fitness and Conditioning Program Development Project - DUE
M	December	19	Personal Fitness and Conditioning Program Development Project	Final Presentations
T	December	20	Personal Fitness and Conditioning Program Development Project	Final Presentations
W	December	21	Personal Fitness and Conditioning Program Development Project	Final Presentations