



SPRING GROVE AREA SCHOOL DISTRICT



PLANNED COURSE OVERVIEW

Course Title: Fitness Fusion Grade Level(s): 9-12 Units of Credit: .5 Classification: Elective	Length of Course: 15 cycles Periods Per Cycle: 6 Length of Period: 43 minutes Total Instructional Time: 64.5 hours
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Course Description

This coeducational course is a combination of aerobic fitness, muscle toning, flexibility, and balance training. An essential part of all physical education is monitoring cardiovascular fitness. In this course students will use Heart Rate technology to monitor and assess student performance. Students will take part in activities that will enhance cardiovascular fitness, muscular strength and endurance, flexibility, and body composition. Activities may include Zumba, step aerobics, aerobic dance, cardio kickboxing, water aerobics, PiYo (Pilates/Yoga to music), Yoga, washboard abs and muscle toning exercises, cycling, and interval training. The purpose of this class is to expose students to a variety of fitness classes that are offered at local fitness facilities so they can find alternative ways to be physically active for the rest of their lives.

Instructional Strategies, Learning Practices, Activities, and Experiences

Bell Ringers Check for Understanding Dynamic Warm-up	Participation in Cardio Activities Participation in Muscle Toning Activities Participation in Flexibility and Balance Activities	Cooperative Learning Experiential Learning Fitness Technology
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Assessments

Practical and Written Assessments Article Reviews	Student Demonstration of Leading a Pre-choreographed Routine Creation of Choreographed Fitness Routine	Fitness Technology Evaluation of a Local Fitness Class
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Materials/Resources

Resistance Bands Free Weights Steps Videos	ZIN Music and Choreography PiYO Music and Choreography Music Workout Mats	Pool Free Weights Internet Free Guest Passes From Local Fitness Facilities
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Adopted: 5/15/2107

Revised:

Departmental Review: 10/2017

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Zumba	
CONTENT/KEY CONCEPTS	OBJECTIVES/STANDARDS
History or Zumba	10.1.12 B Evaluate factors that impact the body systems and apply protective/preventive strategies.
Dynamic Warm-up	10.2.12 D Examine and apply a decision-making process to the development of short and long-term health goals.
The Zumba Formula	10.2.12 E Analyze the interrelationship between environmental factors and community health.
Zumba Basic Steps and Four Core Rhythms: Merengue, Salsa, Cumbia, and Reggaeton	10.3.12 D Evaluate the benefits, risks, and safety factors associated with self-selected life-long physical activities.
Six New Rhythms: Belly Dance, Flamenco, Tango, Samba, Soca and Quebradita	10.4.12 A Evaluate and engage in an individualized physical activity plan that supports achievement of personal fitness and activity goals and promotes life-long participation.
Modifications For Varying Ability Levels	10.4.12 B Analyze the effects of regular participation in a self-selected program of moderate to vigorous physical activities.
Cool Down	10.4.12 C Evaluate how changes in adult health status may affect the responses of the body systems during moderate to vigorous physical activity.
<u>Related Vocabulary</u>	10.4.12 D Evaluate factors that affect physical activity and exercise preferences of adults.
dynamic warm-up	10.4.12 E Analyze the interrelationships among regular participation in physical activity, motor skill improvement, and the selection and engagement in lifetime physical activities.
cool down	10.4.12 F Assess and use strategies for enhancing adult group interaction in physical activities.
choreography	10.5.12 A Apply knowledge of movement skills, skill-related fitness, and movement concepts to identify and evaluate physical activities that promote personal lifelong participation.
aerobic	10.5.12 D Incorporate and synthesize knowledge of exercise principles, training principles, and health and skill-related fitness components to create a fitness program for personal use.
cardiorespiratory fitness	
target heart rate	
Merengue	
Salsa	
Cumbia	
Reggaeton	
Belly dance	
Flamenco	
Tango	
Samba	

Zumba (continued)	
CONTENT/KEY CONCEPTS	OBJECTIVES/STANDARDS
Soca Quebradita ZIN (Zumba Instructor Network) modifications	

Step Aerobics	
CONTENT/KEY CONCEPTS	OBJECTIVES/STANDARDS
Dynamic Warm-up	10.1.12 B Evaluate factors that impact the body systems and apply protective/preventive strategies.
Step Progression From Beginner to Advanced	10.2.12 D Examine and apply a decision-making process to the development of short and long-term health goals.
High Impact vs. Low Impact Workouts	10.2.12 E Analyze the interrelationship between environmental factors and community health.
Step Breakdown From 32 Counts to 8 Counts	10.3.12 D Evaluate the benefits, risks, and safety factors associated with self-selected life-long physical activities.
Cool Down	10.4.12 A Evaluate and engage in an individualized physical activity plan that supports achievement of personal fitness and activity goals and promotes life-long participation.
<u>Related Vocabulary</u>	10.4.12 B Analyze the effects of regular participation in a self-selected program of moderate to vigorous physical activities.
target heart rate	10.4.12 C Evaluate how changes in adult health status may affect the responses of the body systems during moderate to vigorous physical activity.
step	10.4.12 D Evaluate factors that affect physical activity and exercise preferences of adults.
risers	10.4.12 E Analyze the interrelationships among regular participation in physical activity, motor skill improvement, and the selection and engagement in lifetime physical activities.
dynamic warm-up	10.4.12 F Assess and use strategies for enhancing adult group interaction in physical activities.
cool down	10.5.12 A Apply knowledge of movement skills, skill-related fitness, and movement concepts to identify and evaluate physical activities that promote personal lifelong participation.
choreography	10.5.12 D Incorporate and synthesize knowledge of exercise principles, training principles, and health and skill-related fitness components to create a fitness program for personal use.
aerobic	
cardiorespiratory fitness	
target heart rate	
8, 16, 32 counts	
beats per minute	
basic step	
step knee/outer/inner/glute	
turn step	
over the top	
knee and straddle	

Step Aerobics (continued)	
CONTENT/KEY CONCEPTS	OBJECTIVES/STANDARDS
rocking horse alternating knees/glutes/inners/hams repeater corner to corner mambo/mambo cha-cha L-step, V-step, I-step, A-step pivot hop turn ski jump and shoot up lunge intervals	

Water Aerobics	
CONTENT/KEY CONCEPTS	OBJECTIVES/STANDARDS
<p>Resistance Training in Water</p> <p>Shallow Water Workouts</p> <p>Deep Water Workouts</p> <p>Low Impact Exercises vs High Impact Exercises</p> <p>Training With an Injury</p> <p><u>Related Vocabulary</u> dynamic warm-up target heart rate pool noodles aquatic dumbbells AquaJogger/flotation belt free weights resistance cool down</p>	<p>10.1.12 B Evaluate factors that impact the body systems and apply protective/preventive strategies.</p> <p>10.2.12 D Examine and apply a decision-making process to the development of short and long-term health goals.</p> <p>10.2.12 E Analyze the interrelationship between environmental factors and community health.</p> <p>10.3.12 D Evaluate the benefits, risks and safety factors associated with self-selected life-long physical activities.</p> <p>10.4.12 A Evaluate and engage in an individualized physical activity plan that supports achievement of personal fitness and activity goals and promotes life-long participation.</p> <p>10.4.12 B Analyze the effects of regular participation in a self-selected program of moderate to vigorous physical activities.</p> <p>10.4.12 C Evaluate how changes in adult health status may affect the responses of the body systems during moderate to vigorous physical activity.</p> <p>10.4.12 D Evaluate factors that affect physical activity and exercise preferences of adults.</p> <p>10.4.12 E Analyze the interrelationships among regular participation in physical activity, motor skill improvement, and the selection and engagement in lifetime physical activities.</p> <p>10.4.12 F Assess and use strategies for enhancing adult group interaction in physical activities.</p> <p>10.5.12 A Apply knowledge of movement skills, skill-related fitness, and movement concepts to identify and evaluate physical activities that promote personal lifelong participation.</p> <p>10.5.12 D Incorporate and synthesize knowledge of exercise principles, training principles, and health and skill-related fitness components to create a fitness program for personal use.</p>

Yoga	
CONTENT/KEY CONCEPTS	OBJECTIVES/STANDARDS
Health Benefits of Yoga	10.1.12 B Evaluate factors that impact the body systems and apply protective/preventive strategies.
Balance Training	10.2.12 D Examine and apply a decision-making process to the development of short and long-term health goals.
Flexibility Training	10.2.12 E Analyze the interrelationship between environmental factors and community health.
Bikram Series-26 Postures	10.3.12 D Evaluate the benefits, risks, and safety factors associated with self-selected life-long physical activities.
Yoga Modifications for Varying Ability Levels	10.4.12 A Evaluate and engage in an individualized physical activity plan that supports achievement of personal fitness and activity goals and promotes life-long participation.
Meditation/Relaxation Techniques	10.4.12 B Analyze the effects of regular participation in a self-selected program of moderate to vigorous physical activities.
<u>Related Vocabulary</u>	10.4.12 C Evaluate how changes in adult health status may affect the responses of the body systems during moderate to vigorous physical activity.
sun salutation	10.4.12 D Evaluate factors that affect physical activity and exercise preferences of adults.
postures	10.4.12 E Analyze the interrelationships among regular participation in physical activity, motor skill improvement, and the selection and engagement in lifetime physical activities.
flexibility	10.4.12 F Assess and use strategies for enhancing adult group interaction in physical activities.
balance	10.5.12 A Apply knowledge of movement skills, skill-related fitness, and movement concepts to identify and evaluate physical activities that promote personal lifelong participation.
modifications	10.5.12 D Incorporate and synthesize knowledge of exercise principles, training principles, and health and skill-related fitness components to create a fitness program for personal use.
progression	
mountain pose	
Namaste	
Bikram Yoga (26 postures)	
Ardha-Chandrasana (Half Moon Pose)	
Pada-Hasthasana (Hands to Feet Pose)	
Utkatasana (Awkward Pose)	
Garurasana (Eagle Pose)	
Dandayamana-Janushirasana (Standing Head to Knee Pose)	
Dandayamana-Dhanurasana (Standing Bow Pose)	
Tuladandasana (Balancing Stick Pose)	
Dandayamana-Bibhaktapada-Paschimotthanasana (Standing Separate Leg Stretching Pose)	

Yoga (continued)	
CONTENT/KEY CONCEPTS	OBJECTIVES/STANDARDS
<p><u>Related Vocabulary (continued)</u> Trikanasana (Triangle Pose) Dandayamana-Bibhaktapada- Janushirasana (Standing Separate Leg Head to Knee Pose) Tadasana (Tree Pose) Padangustasana (Toe Stand Pose) Savasana (Dead Body Pose) Pavanamuktasana (Wind-Removing Pose) Bhujangasana (Cobra Pose) Salabhasana (Locust Pose) Poorna-Salabhasana (Full Locust Pose) Dhanurasana (Bow Pose) Supta-Vajrasana (Fixed Firm Pose) Ardha-Kurmasana (Half Tortoise Pose) Ustrasana (Camel Pose) Sasangasana (Rabbit Pose) Janushirasana (Head to Knee Pose) Paschimotthanasana (Stretching Pose) Ardha-Matsyendrasana (Spine-Twisting Pose) Kapalbhati in Vajrasana (Blowing in Firm Pose)</p>	

PiYo	
CONTENT/KEY CONCEPTS	OBJECTIVES/STANDARDS
<p>PiYo combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility of Yoga.</p> <p>PiYo format</p> <ul style="list-style-type: none"> • Warm-up • Heat Building • Lower Body • Full-Body Fusion • Power • Flow • Core and More • Stretch and Strength • Cooldown <p>Modifications For Beginners and Advanced Participants</p> <p><u>Related Vocabulary</u> Pilates Yoga low impact high intensity sun salutation tricep push-up DownDog Crouching Downdog Chaturanga Updog Plank Sumo Squat PiYo push-up Flight PiYo cross Crescent Knee</p>	<p>10.1.12 B Evaluate factors that impact the body systems and apply protective/preventive strategies.</p> <p>10.2.12 D Examine and apply a decision-making process to the development of short and long-term health goals.</p> <p>10.2.12 E Analyze the interrelationship between environmental factors and community health.</p> <p>10.3.12 D Evaluate the benefits, risks, and safety factors associated with self-selected life-long physical activities.</p> <p>10.4.12 A Evaluate and engage in an individualized physical activity plan that supports achievement of personal fitness and activity goals and promotes life-long participation.</p> <p>10.4.12 B Analyze the effects of regular participation in a self-selected program of moderate to vigorous physical activities.</p> <p>10.4.12 C Evaluate how changes in adult health status may affect the responses of the body systems during moderate to vigorous physical activity.</p> <p>10.4.12 D Evaluate factors that affect physical activity and exercise preferences of adults.</p> <p>10.4.12 E Analyze the interrelationships among regular participation in physical activity, motor skill improvement, and the selection and engagement in lifetime physical activities.</p> <p>10.4.12 F Assess and use strategies for enhancing adult group interaction in physical activities.</p> <p>10.5.12 A Apply knowledge of movement skills, skill-related fitness, and movement concepts to identify and evaluate physical activities that promote personal lifelong participation.</p> <p>10.5.12 D Incorporate and synthesize knowledge of exercise principles, training principles, and health and skill-related fitness components to create a fitness program for personal use.</p>

PiYo (continued)	
CONTENT/KEY CONCEPTS	OBJECTIVES/STANDARDS
<p><u>Related Vocabulary (continued)</u> PiYo flip Half moon Warrior 1, 2, 3 Reverse warrior Triangle Climbing Beast Forward fold Half lift 3 point balance Bowler's Lunge Travelling Bowler Supported Bowler Child's Pose Thread the Needle C-curve Pistol Crunch Pigeon Mermaid Piyobra</p>	

Aerobic Dance	
CONTENT/KEY CONCEPTS	OBJECTIVES/STANDARDS
Dynamic Warm-up	10.1.12 B Evaluate factors that impact the body systems and apply protective/preventive strategies.
Hi/Lo Aerobics	10.2.12 D Examine and apply a decision-making process to the development of short and long-term health goals.
Choreographed Dances	10.2.12 E Analyze the interrelationship between environmental factors and community health.
Modifications for Beginners and Advanced Participants	10.3.12 D Evaluate the benefits, risks, and safety factors associated with self-selected life-long physical activities.
Cool Down	10.4.12 A Evaluate and engage in an individualized physical activity plan that supports achievement of personal fitness and activity goals and promotes life-long participation.
<u>Related Vocabulary</u> target heart rate 8, 16, 32 counts	10.4.12 B Analyze the effects of regular participation in a self-selected program of moderate to vigorous physical activities. 10.4.12 C Evaluate how changes in adult health status may affect the responses of the body systems during moderate to vigorous physical activity. 10.4.12 D Evaluate factors that affect physical activity and exercise preferences of adults. 10.4.12 E Analyze the interrelationships among regular participation in physical activity, motor skill improvement, and the selection and engagement in lifetime physical activities. 10.4.12 F Assess and use strategies for enhancing adult group interaction in physical activities. 10.5.12 A Apply knowledge of movement skills, skill-related fitness, and movement concepts to identify and evaluate physical activities that promote personal lifelong participation. 10.5.12 D Incorporate and synthesize knowledge of exercise principles, training principles, and health and skill-related fitness components to create a fitness program for personal use.

Muscle Toning/Strengthening Exercises	
CONTENT/KEY CONCEPTS	OBJECTIVES/STANDARDS
<p>Muscle Group Workouts</p> <p>Washboard Abs</p> <p>Stations</p> <p>Applicable Knowledge of 14 Major Muscles of the Body and the Exercises to Work Those Muscles</p> <p><u>Related Vocabulary</u> isometric contraction concentric contraction eccentric contraction strength toning free weights body weight</p>	<p>10.1.12 B Evaluate factors that impact the body systems and apply protective/preventive strategies.</p> <p>10.2.12 D Examine and apply a decision-making process to the development of short and long-term health goals.</p> <p>10.2.12 E Analyze the interrelationship between environmental factors and community health.</p> <p>10.3.12 D Evaluate the benefits, risks, and safety factors associated with self-selected life-long physical activities.</p> <p>10.4.12 A Evaluate and engage in an individualized physical activity plan that supports achievement of personal fitness and activity goals and promotes life-long participation.</p> <p>10.4.12 B Analyze the effects of regular participation in a self-selected program of moderate to vigorous physical activities.</p> <p>10.4.12 C Evaluate how changes in adult health status may affect the responses of the body systems during moderate to vigorous physical activity.</p> <p>10.4.12 D Evaluate factors that affect physical activity and exercise preferences of adults.</p> <p>10.4.12 E Analyze the interrelationships among regular participation in physical activity, motor skill improvement, and the selection and engagement in lifetime physical activities.</p> <p>10.4.12 F Assess and use strategies for enhancing adult group interaction in physical activities.</p> <p>10.5.12 A Apply knowledge of movement skills, skill-related fitness, and movement concepts to identify and evaluate physical activities that promote personal lifelong participation.</p> <p>10.5.12 D Incorporate and synthesize knowledge of exercise principles, training principles, and health and skill-related fitness components to create a fitness program for personal use.</p>

Cycling	
CONTENT/KEY CONCEPTS	OBJECTIVES/STANDARDS
<p>Bike Basics</p> <ul style="list-style-type: none"> • Seat Adjustment • Brake/Tire Check • Chains/Gears • Bike Maintenance <p>Safe Biking</p> <ul style="list-style-type: none"> • Road • Uphill/Downhill • Shifting Gears • Trail <p><u>Related Vocabulary</u> helmet brakes gear shift tire resistance</p>	<p>10.1.12 B Evaluate factors that impact the body systems and apply protective/preventive strategies.</p> <p>10.2.12 D Examine and apply a decision-making process to the development of short and long-term health goals.</p> <p>10.2.12 E Analyze the interrelationship between environmental factors and community health.</p> <p>10.3.12 D Evaluate the benefits, risks, and safety factors associated with self-selected life-long physical activities.</p> <p>10.4.12 A Evaluate and engage in an individualized physical activity plan that supports achievement of personal fitness and activity goals and promotes life-long participation.</p> <p>10.4.12 B Analyze the effects of regular participation in a self-selected program of moderate to vigorous physical activities.</p> <p>10.4.12 C Evaluate how changes in adult health status may affect the responses of the body systems during moderate to vigorous physical activity.</p> <p>10.4.12 D Evaluate factors that affect physical activity and exercise preferences of adults.</p> <p>10.4.12 E Analyze the interrelationships among regular participation in physical activity, motor skill improvement, and the selection and engagement in lifetime physical activities.</p> <p>10.4.12 F Assess and use strategies for enhancing adult group interaction in physical activities.</p> <p>10.5.12 A Apply knowledge of movement skills, skill-related fitness, and movement concepts to identify and evaluate physical activities that promote personal lifelong participation.</p> <p>10.5.12 D Incorporate and synthesize knowledge of exercise principles, training principles, and health and skill-related fitness components to create a fitness program for personal use.</p>

Interval Training	
CONTENT/KEY CONCEPTS	OBJECTIVES/STANDARDS
High Intensity Interval Training (HIIT)	10.1.12 B Evaluate factors that impact the body systems and apply protective/preventive strategies.
Circuit Training	10.2.12 D Examine and apply a decision-making process to the development of short and long-term health goals.
21 Day Fix (Beachbody Fitness Program)	10.2.12 E Analyze the interrelationship between environmental factors and community health.
21 Day Fix Extreme (Beachbody Fitness Program)	10.3.12 D Evaluate the benefits, risks, and safety factors associated with self-selected life-long physical activities.
T25 (Beachbody Fitness Program)	10.4.12 A Evaluate and engage in an individualized physical activity plan that supports achievement of personal fitness and activity goals and promotes life-long participation.
P90X (Beachbody Fitness Program)	10.4.12 B Analyze the effects of regular participation in a self-selected program of moderate to vigorous physical activities.
Insanity (Beachbody Fitness Program)	10.4.12 C Evaluate how changes in adult health status may affect the responses of the body systems during moderate to vigorous physical activity.
<u>Related Vocabulary</u>	10.4.12 D Evaluate factors that affect physical activity and exercise preferences of adults.
target heart rate	10.4.12 E Analyze the interrelationships among regular participation in physical activity, motor skill improvement, and the selection and engagement in lifetime physical activities.
circuit	10.4.12 F Assess and use strategies for enhancing adult group interaction in physical activities.
P90X	10.5.12 A Apply knowledge of movement skills, skill-related fitness, and movement concepts to identify and evaluate physical activities that promote personal lifelong participation.
T25	10.5.12 D Incorporate and synthesize knowledge of exercise principles, training principles, and health and skill-related fitness components to create a fitness program for personal use.
21 Day Fix	
21 Day Fix Extreme	
resistance bands	
free weights	

Cardio Kickboxing	
CONTENT/KEY CONCEPTS	OBJECTIVES/STANDARDS
Dynamic Warm-up Kickboxing Progression From Beginner to Advanced Choreography Breakdown From 64 Counts to 8 Counts Cool Down <u>Related Vocabulary</u> target heart rate jab cross uppercut hook front kick side kick back kick block boxer's shuffle step knee speedbags bob and weave combinations beats per minute	<p>10.1.12 B Evaluate factors that impact the body systems and apply protective/preventive strategies.</p> <p>10.2.12 D Examine and apply a decision-making process to the development of short and long-term health goals.</p> <p>10.2.12 E Analyze the interrelationship between environmental factors and community health.</p> <p>10.3.12 D Evaluate the benefits, risks, and safety factors associated with self-selected life-long physical activities.</p> <p>10.4.12 A Evaluate and engage in an individualized physical activity plan that supports achievement of personal fitness and activity goals and promotes life-long participation.</p> <p>10.4.12 B Analyze the effects of regular participation in a self-selected program of moderate to vigorous physical activities.</p> <p>10.4.12 C Evaluate how changes in adult health status may affect the responses of the body systems during moderate to vigorous physical activity.</p> <p>10.4.12 D Evaluate factors that affect physical activity and exercise preferences of adults.</p> <p>10.4.12 E Analyze the interrelationships among regular participation in physical activity, motor skill improvement, and the selection and engagement in lifetime physical activities.</p> <p>10.4.12 F Assess and use strategies for enhancing adult group interaction in physical activities.</p> <p>10.5.12 A Apply knowledge of movement skills, skill-related fitness, and movement concepts to identify and evaluate physical activities that promote personal lifelong participation.</p> <p>10.5.12 D Incorporate and synthesize knowledge of exercise principles, training principles, and health and skill-related fitness components to create a fitness program for personal use.</p>