

FITNESS & SAFETY

Grade Level: 9, 10, 11, 12

Credit: 0.5 or 1.0

Prerequisite: None

Fitness and Safety students will learn about physical fitness, the important role that exercise plays in our lives and how we can safely incorporate exercise into our daily routine. Concepts covered are related to nutrition, proper stretching and cooling down, strength and cardiovascular training, prevention and first aid for sports injuries, and fitness for special populations.

Fitness Lessons

Teacher Message

- 1. Why Be Physically Fit?**
- 2. How to Be Safe with Exercise and Fitness**
- 3. Determining Your Level of Fitness**
- 4. Warming Up and Cooling Down**
- 5. Nutrition for Fitness**
- 6. The Importance of Cardiovascular Health**
- 7. Exercise and Workouts for Cardiovascular Health**
- 8. Your Muscles and Strength**
- 9. Strength Training**
- 10. The Importance of Flexibility**
- 11. Flexibility and Stretching Routines**



12. Common Sports Injuries

13. First Aid/CPR

14. Health Pregnancy Fitness

15. Evaluating Fitness and Exercise Options to Find the Best One for You

16. Upper Body Workouts

17. Lower Body Workouts

18. Exercise for Seniors

19. Exercise for Kids

20. Course Evaluation

