

Henry Street High School

PAF 204

Girls Fitness, Grade 10 Open

COURSE OUTLINE

COURSE DESCRIPTION

In this course, students will investigate and evaluate the effects of different methods of exercise on functional health and human performance. Activities will include RESISTANCE TRAINING, STEP AEROBICS, YOGA, PILATES, BOX AEROBICS, BELLY DANCING, INTERVAL TRAINING, RUNNING, SPINNING AND CIRCUIT TRAINING. They will investigate health issues related to anatomy, physiology and nutrition. The health units will include Understanding Wellness, Skeletal and Muscular Systems and Nutrition.

UNITS OF STUDY

- Gym based fitness activities
- Weight room based fitness activities
- Wellness, Nutrition and Anatomy
- Community based excursions

ASSESSMENT AND EVALUATION

TERM: 70% of the student's final grade will be based on term work. The achievement categories and weights for the above evaluations will be as follows;

Application	60%
Knowledge and Understanding	15%
Thinking and Inquiry	15%
Communication	10%

SUMMATIVE: 30% of the student's final grade will be based on summative evaluations

Fitness Tests	70%
Fitness Reflections	20%
Nutrition Presentation	10%

OTHER INFORMATION

Students are expected to be present, **in uniform**, and participating in a **positive, safe manner** for all activity classes. In order to keep the P.E. facilities clean and safe, "indoor" athletic shoes are mandatory in the gym and weight room. **YOU MAY NOT WEAR OUTDOOR FOOTWEAR IN THE GYM.**