

Henry Street High School

PAF 404

Girls Fitness, Grade 12 Open

COURSE OUTLINE

COURSE DESCRIPTION

In this course students will challenge themselves to a daily workout while learning the scientific foundations of exercise. Through a variety of mind-body, aerobic and conditioning activities, students will improve their personal fitness. Students complete a leadership component and a personal wellness profile that includes an introduction to personal training.

UNITS OF STUDY

Activities: Step Aerobics, Pilates, Weight Training, Functional Training, Box Aerobics, Spinning, Boot Camp, Low and High Impact Aerobics, Running / Power Walking, Yoga, Muscular Conditioning, Interval Training, Belly Dancing, Cardio Salsa, Slide, Functional Fitness training.

Health: Understanding Physical Fitness and Program Design, Wellness and Lifestyle, Latest Trends in Fitness.

ASSESSMENT AND EVALUATION

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;

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

30% of the student's final grade will be based on a semester end summative evaluation.

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| Fitness Testing | 15% |
| Personal Wellness Profile | 15% |

OTHER INFORMATION

Students are required to have proper athletic attire for both indoor and outdoor activities. Students are encouraged to wear a Henry Street t-shirt for class. Athletic tights, shorts, capris and yoga pants are acceptable attire. Tank tops are NOT allowed. Each student must have a water bottle and small towel. **Hair must be tied back every class.**

SHOES→ 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.