**Personal Fitness Course Description & Syllabus**

**Personal Fitness provides instruction on methods to attain a healthy level of physical fitness. The course covers how to develop a lifetime fitness program based on personal fitness assessment and stresses strength, muscular endurance, flexibility, body composition and cardiovascular endurance. It includes consumer information, promotes self-awareness and responsibility for fitness.**

**Personal Fitness Syllabus**

**Instructor:** Coach Mayo

**Email:** mayoni@boe.richmond.k12.ga.us

**Location:** Old Gym

**THIS CLASS IS A GRADUATION REQUIREMENT AT HIGH SCHOOL LEVEL**

**Course Description:**

Foundations of Personal Fitness represent a new approach in physical education and the concept of personal fitness. The basic purpose of this course is to motivate students to strive for a lifetime of personal fitness with an emphasis on the health-related components of physical fitness. The knowledge and skills taught in this course include teaching students about the process of becoming fit as well as achieving some degree of fitness within the class. The concept of wellness, or striving to reach optimal levels of health, is the corner stone of this course and is exemplified by one of the course objectives-students designing their own personal fitness program.

**Units of Instruction**

Safety and Injury Prevention

Designing a Personal Fitness Program

Fitness Gram

Nutrition

Body Composition

Cardiorespiratory Endurance

Muscular Fitness

**Participation is a REQUIREMENT.**

**The proper attire includes the following: tennis shoes & tshirt**

**PLEASE RETURN NEXT PAGE SIGNED AND FILLED OUT**

PARENT/GUARDIAN CONTACT INFORMATION

Please fill out the following information below and return to school with your student by

Please do not hesitate to email if you have any questions.

**WE HAVE READ AND UNDERSTAND THE PERSONAL FITNESS CLASS INFORMATION**

STUDENT NAME: Print:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Signature:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

PARENT/GUARDIAN NAMES: Print:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Signature:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

PARENT/GUARDIAN EMAIL:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

HOME PHONE: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

WORK PHONE: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**OTHER INFORMATION**

Please let me know if there is any other information I should know about your student to help him/her be more successful in this class.

[**Fitness Gram Information**](https://www.rcboe.org/../site/handlers/filedownload.ashx?moduleinstanceid=42018&dataid=34319&FileName=Parental%20Overview%20of%20FG%20in%20Georgia-%20FINAL.doc)

*The FITNESSGRAM assessment does not compare your child to anyone else, nor does it measure skill or athletic performance.*

*Rather, it compares your child to health standards that have been established by researchers as the level of fitness all students should reach in order to attain health benefits.*