



2012 Curriculum Catalog

Physical Fitness

Welcome to Alpha Omega Publications!

We are excited that you are including Ignitia® as part of your program of instruction, and we look forward to serving you and your students.

Ignitia comes complete with a full, multimedia-rich curriculum for grades 3-12 in five core subjects and electives.

Thanks for choosing us!
Glynlyon Curriculum Development Team

Alpha Omega Publications Technical Support

Alpha Omega Publications' technical support is Ignitia's full-service technical support system. We exist to promote and preserve our customers' satisfaction. Our services include:

- Technical Support
- Product Configuration and Update Management

Please use the following information to contact Alpha Omega Publications' technical support:

Online:

Access our helpful Technical Support website simply by clicking on the life preserver located in the upper-right corner of any screen in our program!

Telephone:

Toll Free: 1-877-251-6662
Monday – Friday 7 a.m. to 5 p.m. (CT)

Table of Contents

Course Overview.....	1
UNIT 1: AN OVERVIEW OF FITNESS	1
UNIT 2: FLEXIBILITY TRAINING.....	1
UNIT 3: CARDIOVASCULAR FITNESS	2
UNIT 4: RESISTANCE TRAINING.....	2
UNIT 5: MOTIVATION AND MINDSET	2
UNIT 6: COURSE REVIEW AND EXAM.....	2

Course Overview

Physical Fitness is a semester-length elective designed for high school students. The course focuses on the health benefits of regular physical activity and of a long term exercise program.

As students work through the course, they will learn about the many aspects of physical fitness, including basic nutrition, the importance of flexibility, cardiovascular health, muscle and strength training, and realistic goal setting. Along the way, students will be required to maintain and submit an activity log in order to measure progress in course exercises, as well as in personal fitness goals.

Upon completion of Physical Fitness, students should possess the knowledge and skills needed to do the following:

- Analyze the key components of successful physical activity and use this analysis to determine if a program is reasonable and effective.
- Describe the three main types of physical activity that should be included in a exercise regime and the health benefits of each.
- Perform basic fitness exercises associated with the three main types of physical activity discussed in this course.
- Identify the main motivational strategies that can be used to help the student continue in positive fitness habits once this course is completed.

UNIT 1: AN OVERVIEW OF FITNESS

Assignment Titles

1. Course Overview	13. What is Nutrition?
2. What is Physical Fitness?	14. Weight Control
3. Why Should I Exercise?	15. Putting the Pieces Together
4. Quiz 1: Physical Fitness and Exercise	16. Project: Food Analysis
5. Alternate Quiz 1—Form A: Physical Fitness and Exercise	17. Quiz 3: Basic Nutrition
6. Alternate Quiz 1—Form B: Physical Fitness and Exercise	18. Alternate Quiz 3—Form A: Basic Nutrition
7. Physical Benefits	19. Alternate Quiz 3—Form B: Basic Nutrition
8. Mental and Emotional Benefits	20. Special Project
9. Longevity	21. Review
10. Quiz 2: Benefits of Exercise	22. Test
11. Alternate Quiz 2—Form A: Benefits of Exercise	23. Alternate Test—Form A
12. Alternate Quiz 2—Form B: Benefits of Exercise	24. Alternate Test—Form B
	25. Glossary and Credits

UNIT 2: FLEXIBILITY TRAINING

Assignment Titles

1. Daily Activity versus Planned Exercise	13. Correct Motion and Breathing
2. Project: Using the Activity Log	14. Project: Upper Body Flexibility Exercises
3. Warm-ups and Cool-Downs	15. Project: Lower Body Flexibility Exercises
4. Quiz 1: Planning Daily Exercise	16. Project: Whole Body Flexibility Exercises
5. Alternate Quiz 1—Form A: Planning Daily Exercise	17. Unit 2 Activity Log
6. Alternate Quiz 1—Form B: Planning Daily Exercise	18. Special Project
7. Is Stretching Exercise?	19. Review
8. Physical Benefits of Stretching	20. Test
9. Project: Test your Flexibility	21. Alternate Test—Form A
10. Quiz 2: Stretching	22. Alternate Test—Form B
11. Alternate Quiz 2—Form A: Stretching	23. Glossary and Credits
12. Alternate Quiz 2—Form B: Stretching	

UNIT 3: CARDIOVASCULAR FITNESS
Assignment Titles

- | | |
|--------------------------------------------------------|-------------------------------------------------------------------------|
| 1. What Defines Cardiovascular Exercise? | 14. Project: Low Impact Calorie Burning |
| 2. Benefits of Cardiovascular Training | 15. Project: High Intensity Calorie Burning |
| 3. Project: Test Your Cardiovascular Fitness Level | 16. Quiz 3: Cardiovascular Exercise and Weight Control |
| 4. Quiz 1: Cardiovascular Training | 17. Alternate Quiz 3—Form A: Cardiovascular Exercise and Weight Control |
| 5. Alternate Quiz 1—Form A: Cardiovascular Training | 18. Alternate Quiz 3—Form B: Cardiovascular Exercise and Weight Control |
| 6. Alternate Quiz 1—Form B: Cardiovascular Training | 19. Unit 3 Activity Log |
| 7. Intensity Versus Duration | 20. Special Project |
| 8. Project: Walking Drills | 21. Review |
| 9. Project: Wind Sprints | 22. Test |
| 10. Quiz 2: Intensity Versus Duration | 23. Alternate Test—Form A |
| 11. Alternate Quiz 2—Form A: Intensity Versus Duration | 24. Alternate Test—Form B |
| 12. Alternate Quiz 2—Form B: Intensity Versus Duration | 25. Glossary and Credits |
| 13. Cardiovascular Exercise and Weight Control | |

UNIT 4: RESISTANCE TRAINING
Assignment Titles

- | | |
|-------------------------------------------------------|--------------------------------------------------------------|
| 1. What is Strength Training? | 13. Quiz 2: The Resistance Training Workout |
| 2. How is Muscular Strength Developed? | 14. Alternate Quiz 2—Form A: The Resistance Training Workout |
| 3. Project: Test Your Muscular Strength and Endurance | 15. Alternate Quiz 2—Form B: The Resistance Training Workout |
| 4. Quiz 1: Resistance Training | 16. Unit 4 Activity Log |
| 5. Alternate Quiz 1—Form A: Resistance Training | 17. Special Project |
| 6. Alternate Quiz 1—Form B: Resistance Training | 18. Review |
| 7. A Combination of Resistance and Repetitions | 19. Test |
| 8. Project: Isolating the Upper Body | 20. Alternate Test—Form A |
| 9. Project: Isolating the Lower Body | 21. Alternate Test—Form B |
| 10. Project: Developing Your Core | 22. Glossary and Credits |
| 11. Project: Graded Resistance Exercise Performance | |
| 12. Strength Training and Weight Control | |

UNIT 5: MOTIVATION AND MINDSET
Assignment Titles

- | | |
|-------------------------------------------------------------|------------------------------------------------------------|
| 1. Developing a Realistic Mindset and Goals | 14. Success Strategies |
| 2. Adapting the Program Over Time | 15. Project: Try a Strategy for Success |
| 3. Project: Flexibility and Cardiovascular Exercise Workout | 16. Project: A Resistance Training and Flexibility Workout |
| 4. Quiz 1: Motivation and Mindset | 17. Quiz 3: Staying Motivated |
| 5. Alternate Quiz 1—Form A: Motivation and Mindset | 18. Alternate Quiz 3—Form A: Staying Motivated |
| 6. Alternate Quiz 1—Form B: Motivation and Mindset | 19. Alternate Quiz 3—Form B: Staying Motivated |
| 7. Overuse injuries | 20. Unit 5 Activity Log |
| 8. Breaks and Plateaus | 21. Special Project |
| 9. Project: A Cardiovascular Exercise Workout | 22. Review |
| 10. Quiz 2: Dealing with Setbacks | 23. Test |
| 11. Alternate Quiz 2—Form A: Dealing with Setbacks | 24. Alternate Test—Form A |
| 12. Alternate Quiz 2—Form B: Dealing with Setbacks | 25. Alternate Test—Form B |
| 13. Understanding Discouragement and Motivation | 26. Glossary and Credits |

UNIT 6: COURSE REVIEW AND EXAM
Assignment Titles

- | | |
|-----------|--------------------------|
| 1. Review | 3. Alternate Exam—Form A |
| 2. Exam | 4. Alternate Exam—Form B |