

## New Westminster Online Learning School

### Fitness and Conditioning 12:

#### Course Description

Fitness and Conditioning 12 builds on the theory taught in PHE 9, 10 and 11. Fitness literacy and fitness theory are expanded to include anatomy and physiology of exercise principles. The goal is to educate students to become independent in practicing physical fitness, independently managing fitness and training cycles and eventually designing their own program.

#### Course Expectation

Students are expected to login at least 3 times per week and are expected to complete the first assignment within 2 weeks of enrolling. The course should be completed within 5-months. They are expected to be in communication with their teacher when they have questions and if they need additional support. Students are expected to submit their own work and to be honest with their activity logs.

#### Enduring Understanding/Big Ideas

Students will focus on:

- Analyze the validity of health messages on popular media and entertainment vehicles.
- Regularity and timing of fitness
- Analyze different training techniques depending on the end goal.

#### Specific Learning Outcomes

Can be found at <https://curriculum.gov.bc.ca/curriculum/physical-health-education/10/core>

#### Course Content

Module 0	Activity Logs
Module 1	Sport Science
Module 2	Safety and Injury
Module 3	Exercise Physiology and Anatomy
Module 4	Fitness and Conditioning Theory
Module 5	Leadership
Module 6	Sports and Recreation Management

### Student Learning Activities and Strategies

All materials, lessons, assignments, and assessments are online and use a combination of text, discussions, short videos, worksheets, links to websites, practice questions and online quizzes.

Email instruction is also employed to help students 1 on 1 when needed

### Assessment

- Quizzes and online assignments are employed.
- Activity logs are submitted
- There is one major assignment

### Evaluation

Learning Activity	Percentage of Final Mark
12 Exercises	50%
3 Activity Logs	30%
1 Major Project	20%

### Resources

All materials are online, so access to a reliable high-speed internet is essential, and students use a laptop, desktop, or Chromebook. No textbook or workbook is required.