

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 programs. The online version of this course affords students the ability to work independently at the pace that best suits them while requiring careful time management and developing communication and thinking skills.

Course Expectation

Students are expected to log in at least three times per week and complete the first assignment within two weeks of enrolling. The course should be completed within five months. Students are expected to communicate with their teacher when they have questions and need additional support. Students are expected to submit their own work and be honest with their activity logs.

Enduring Understanding/Big Ideas_(taken right from bced.gov.bc.ca)

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 (link to bced.gov.bc.ca)

Can be found at <https://curriculum.gov.bc.ca/curriculum/>

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, MS Teams or face-to-face meetings are also employed to help students when needed.

Assessment

- Tests and a discussion are submitted.
- Activity logs are submitted.
- There is one major project

Evaluation

Learning Activity	Percentage of Final Mark
Tests	60%
Discussion	2%
Major Project	8%
Activity Logs	30%
Total	100%

Resources

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