



GRADE 10

Fitness and Conditioning

SD34 Abbotsford

Students will be introduced to the basic structure of anatomy that are involved in fitness and conditioning as well as the key components of fitness. As this course is a pre-course to Fitness and Conditioning 11, students will gain skills that will lead to further development in grade 11. Students will learn the basics of a personalized fitness program, establish baselines of fitness levels, and create self-reflection journals that will be pivotal to one's personal fitness growth.

Credits: 4

Approval Date: May 2018

Hours: 120

Trax Code: YHRA

GOALS AND RATIONALE

Development of a personalized fitness program allows students to set & implement realistic goals for fitness & conditioning. Development of a personalized fitness program that focuses on proper techniques reduces the chances of injury over time. Development of a personalized fitness program helps students reach peak fitness & strength development. Development of a personalized fitness program that incorporates a variety of activities increases engagement and develops skills for lifelong fitness.

BIG IDEAS

Our personal fitness can be maintained or enhanced through participation in a variety of activities at different intensity levels. Knowing how our bodies move and function helps us to stay safe during exercise. Following proper training guidelines and techniques can help us to reach our health and fitness goals. Making healthy choices can help us to reach our health and fitness goals.

ADDITIONAL INFORMATION

Peak fitness and strength development is a key component for high performing athletes. Grade 10 students need to learn how to safely, and efficiently, increase and maintain to physical performance. This course aims to introduce students to the importance of a fitness program and how to make a positive impact on developing a healthy lifestyle. By the end of the course, students will gain an appreciation for the skills necessary to move their fitness to a higher level.