



## Curriculum Overview

### Online Wellness

#### Course Description

This course focuses on the fundamental components and principles of fitness. It examines safety guidelines, proper exercise techniques and exercise principles such as the F.I.T.T. principle.

Students will assess their current level of fitness in relation to the five components of physical fitness: flexibility, cardiovascular health, muscular strength, muscular endurance and body composition. The course promotes the value of lifetime physical activity and integrating the components of fitness into any physical activity.

Students will also learn strategies to help them begin, design, and maintain an exercise plan to keep them fit for life. This course provides a foundation upon which each person can make informative decisions for their personal health and fitness for a lifetime.

#### Enduring Understandings

*Students will understand...*

- Physical activity involves using movement and motor skills throughout a lifetime.
  - Efficient movement improves performance.
  - Positive decision making about fitness and nutrition contributes to a healthy lifestyle.
  - Physical activity can provide opportunities for personal enjoyment, self-expression, challenge and social interaction.
  - Physical activity contributes to building and maintaining a fitness level to enable one to participate in activities of daily living for a lifetime

#### Essential Questions

- Why is the development of motor skills essential?
- Why are skills and knowledge important to participate in physical activities?
- How does your movement affect performance?
- How do you measure one's physical fitness?
- Why is physical fitness important?
- How do you maintain physical fitness?
- How does wellness education enhance social, mental, emotional and physical well-being?
- What makes physical activity meaningful?

## Units of Study

- Unit 1: Pre-Assessment & Goal Setting
- Unit 2: Components of Health Related Fitness
- Unit 3: FITT Principle and Developing a Personal Fitness Plan
- Unit 4: Being an Educated and Fit Individual
- Unit 5: Exercise and Stress Reduction
- Unit 6: Fitness Testing and Personal Reflection

## Primary Resources

- <https://fitnessgram.net/assessment/>
- [Wisconsin State PE Standards](#)