

**Warren County School District**  
**PLANNED INSTRUCTION**

**COURSE DESCRIPTION**

**Course Title:** Walking for Personal Fitness

**Course Number:** 00628

**Course Prerequisites:** None

**Course Description:**

This course is designed to provide an opportunity for students to develop a fitness workout plan through the activity of walking and other forms of aerobic exercise. Flexibility, cardiovascular endurance, muscular endurance, and muscle strength will be emphasized. The Walking for Personal Fitness course will help students develop a healthy lifestyle pattern by using walking and other forms of aerobic activity. This course is geared for the non-sports oriented student who wants to maintain or increase their overall fitness level.

**Suggested Grade Level:** Grades 9-12

**Length of Course:**     One Semester                       Two Semesters                       Other

**Units of Credit:** .5 (Insert *None* if appropriate)

**PDE Certification and Staffing Policies and Guidelines (CSPG) Required Teacher Certifications:** CSPG 47

**Certification verified by WCSD Human Resources Department:**  Yes     No

**TEXTBOOK AND SUPPLEMENTAL MATERIALS**

**Continue using Board approved textbook?**  Yes     No (If yes, then complete the information below.)

**Board Approved Textbooks, Software, Supplemental Materials:**

**Title:**

**Publisher:**

**ISBN #:**

**Copyright Date:**

**Date of WCSD Board Approval:**

## **BOARD APPROVAL:**

**Date Written:** November 13, 2018

**Date Approved:** April 8, 2019

**Implementation Date:** 2019-2020

## **SPECIAL EDUCATION AND GIFTED REQUIREMENTS**

The teacher shall make appropriate modification to instruction and assessment based on a student's Individual Education Plan (IEP) or Gifted Individual Education Plan (GIEP).

### **COURSE OVERVIEW**

#### **Topics to be Covered:**

*Aerobics*

*Cardiovascular Stations/Activities*

*Circuit Training*

*Interval Training*

*1-3 Mile Walking Routes*

#### **10.3.12 Safety and Injury Prevention**

- D.** Evaluate the benefits, risks and safety factors associated with self-selected life-long physical activities.

#### **10.4.12 Physical Activity**

- A.** Evaluate and engage in an individualized physical activity plan that supports achievement of personal fitness and activity goals and promotes life-long participation.
- B.** Analyze the effects of regular participation in a self-selected program of moderate to vigorous physical activities.
- D.** Evaluate factors that affect physical activity and exercise preferences of adults.

#### **10.5.12 Concepts, Principles and Strategies of Movement**

- A.** Apply knowledge of movement skills, skill-related fitness and movement concepts to identify and evaluate physical activities that promote personal lifelong participation.
- D.** Incorporate and synthesize knowledge of exercise principles, training principles and health and skill-related fitness components to create a fitness program for personal use.

## ASSESSMENT

**Portfolio Assessment:** \_\_\_\_\_ Yes  X  No

**District-Wide Common Final Examination Required:** \_\_\_\_\_ Yes  X  No

**Course Challenge Assessment (Describe):** N/A

**WRITING TEAM:** Warren County School District Teachers

### WCSD STUDENT DATA SYSTEM INFORMATION

1. Is there a required final examination? \_\_\_\_\_ Yes  X  No  
*\*Warren County School District Policy 9741 and 9744 state, "All classes in grades 9-12 shall have a final exam."*
2. Does this course issue a mark/grade for the report card?  X  Yes \_\_\_\_\_ No
3. Does this course issue a Pass/Fail mark? \_\_\_\_\_ Yes  X  No
4. Is the course mark/grade part of the GPA calculation?  X  Yes \_\_\_\_\_ No
5. Is the course eligible for Honor Roll calculation?  X  Yes \_\_\_\_\_ No
6. What is the academic weight of the course?  
\_\_\_\_\_ No weight/Non credit       X  Standard weight      \_\_\_\_\_ Enhanced weight