



Ephrata High School  
Course Syllabus

Fitness & Weight Training  
Grade 11-12  
5713



### *I. Course Description*

Fitness and Weight Training is a combination of classroom, weight training, and cardiovascular fitness activities. Students will take part in activities that will enhance cardiovascular fitness, muscular strength and endurance, flexibility, and body composition. The benefits of exercise and its affect on the systems of the body will be introduced. The primary objectives of this course are to improve the health-related components of fitness and to introduce the student to the concepts of fitness program design and application. This full semester class will meet everyday.

**Prerequisite: 1.0 PE Credit**

### *II. Materials & Equipment*

Fitness Room  
Wellness Center  
Gymnasium  
School Fields  
Various Fitness Equipment  
Classroom/Computer Lab

### *III. Course Goals & Objectives*

Physical Education Goals:

1. To develop and maintain a high level of physical fitness.
2. To develop a variety of psychomotor skills.
3. To develop a knowledge and understanding of physical education.
4. To develop positive attitudes and behaviors.
5. To understand the benefits of exercise and its affect on the body systems.

Objectives:

- A. To encourage students to gain a knowledge and appreciation of the importance of a sound physical fitness program.
- B. To develop coordination, agility, balance, flexibility, and endurance taking into consideration the age, physique, maturity and physical condition of each student.
- C. To offer an up-to-date, varied program with every student in mind.
- D. To develop a carry-over value in an effort to show a need to continue physical activity beyond the school years.
- E. To develop a relaxed, satisfying, enjoyable, and positive setting in which students can interact physically in a non-stressful situation.
- F. To introduce the students to the concepts of a fitness program design and application.
- G. To improve the health-related components of fitness.

#### *IV. Course Topics (Summary Outline)*

**Units:**

1. Human Anatomy/Physiology
2. Kinesiology
3. Weight Training Techniques/Principles
4. Cardiovascular Training Techniques/Principles

#### *V. Assignments & Grading*

**Grading:**

Point System – The student’s grade is based on a weighted scale, 50% is based on Preparation/Participation and 50% is based on various assessments throughout the semester.

The grading scale aligns with the districts grading policy.

**Grading Scale:**

A 93-100 A- 90-92

B+ 88-89 B 83-87 B- 80-82

C+ 78-79 C 73-77 C- 70-72

D+ 68-69 D 63-67 D- 60-62

F 0-59