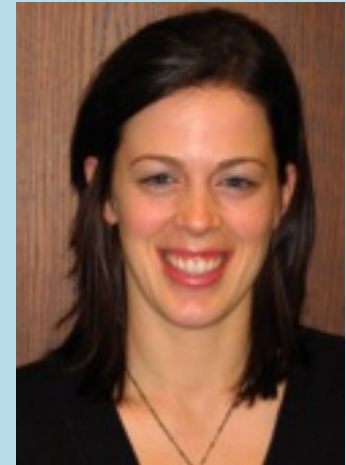


Fit Female Curriculum

# Dr. Kate Kalnes



Huntingdon College: *BA Exercise Science*

Miami University: *MS Exercise Science*

Trinity Christian College: *Teaching Cert*

Walden University: *Doctorate of Education*

CSCS- Strength and Conditioning!

9th year at New Trier High School : Kinetic Wellness

Adjunct Professor North Park University

Co-founder Practical Kinesiology Company (PKCO)

2001-present: Volleyball Coach- boys and girls

 **BE @ PEACE**



Receive more opportunities to participate

...would allow females to focus on activities more suited for them...

Higher rate of teacher to student verbal interactions

Females were more engaged, felt happier, and received more teacher attention

...better behavior, more teacher interaction, more group affiliation, and cooperation than coed classes

...higher levels of vigorous activity...social ramifications of a failed attempt are much lower.




... in this class I felt I could do everything and it felt like a safe environment. I loved the classroom discussions- it was a great experience.

I have changed how much I respect myself and value myself because of our conversations in class...I think it is very important that high school girls have these kinds of conversations within a school setting...

...I have gained a lot of confidence through this class and have gained a lot of knowledge that has helped me in life outside of school.

Fit Female has positively influenced my high school experience because it makes me less stressed for the rest of the school day...I look forward to coming to class because it is about me as an individual I've never enjoyed PE until now.

A woman with blonde hair tied back, wearing a green short-sleeved button-down shirt, is shown from the chest up. She has a questioning or confused expression on her face, with her eyebrows slightly furrowed and her mouth slightly open. Her right hand is raised, palm facing up, in a gesture of uncertainty. A blue thought bubble with a black outline is positioned to her left, containing white text. The background is a plain, light color.

Ok, so I'm charged up! The female students at my school NEED this class! But where do I start? What does the class look like on an everyday basis?

- Body Weight Workouts
- Fitness Races
- Park/Beach Workouts
- [Step Aerobics](#)
- Exercise Ball
- Partner Workouts
- Gliders
- Belly Dancing
- Student-Led Project
- [Turbo Fire](#)

## Activities

- Tubing
- Med Ball
- Zumba
- “Rack” Workouts
- Kickboxing
- Body Bar
- Trampoline Workouts
- [“Intensati”](#)
- Oldies but Goodies
- Yoga/Pilates



What did girls want to talk about? What are they interested in?

**CLASSROOM DISCUSSIONS**



# Classroom Discussions

## Quarter One

- [Great Discovery](#)
- Heart Disease
- [Nutrition](#)



## Quarter Two

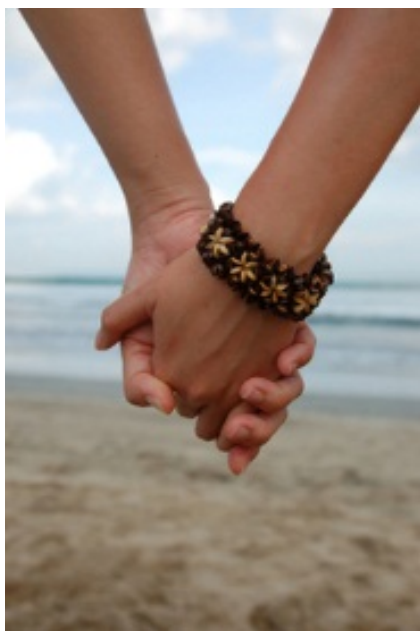
- [Sexual Health](#)
  - Boob Day
  - Vagina Day
  - Gynecologist
  - Sex Talk
- Importance of Strength Training



# Classroom Discussions

## Quarter Three

- Relationships
- [Body Image](#)/ Self-Worth



## Quarter Four

- Body Image/ Self-Worth
- Social Media
- Life Beyond High School
- [7 Powerful Truths that can Improve your Life](#)



**ASSESSMENT  
INFO**

# Assessments

## Quarter One

- Heart disease letter
- Nutrition quiz
- Healthy recipe
- [Fad diets](#)



## Quarter Two

- Strength training benefits
- [Sexual health reflection/letter to a friend](#)



# Assessments

## Quarter Three

- [\*This is Who I Am\*](#)  
[interviews/presentations](#)
- [Relationship assessment](#)

## Quarter Four

- [Personal mission statements](#)
- End of the year reflection



# Improving Body Satisfaction

## Fit Female Curriculum

- Media literacy
- Comprehensive sex ed
- Use SMS less
- Supportive peer culture
- No appearance related comments
- Relationship authenticity



## Other Methods

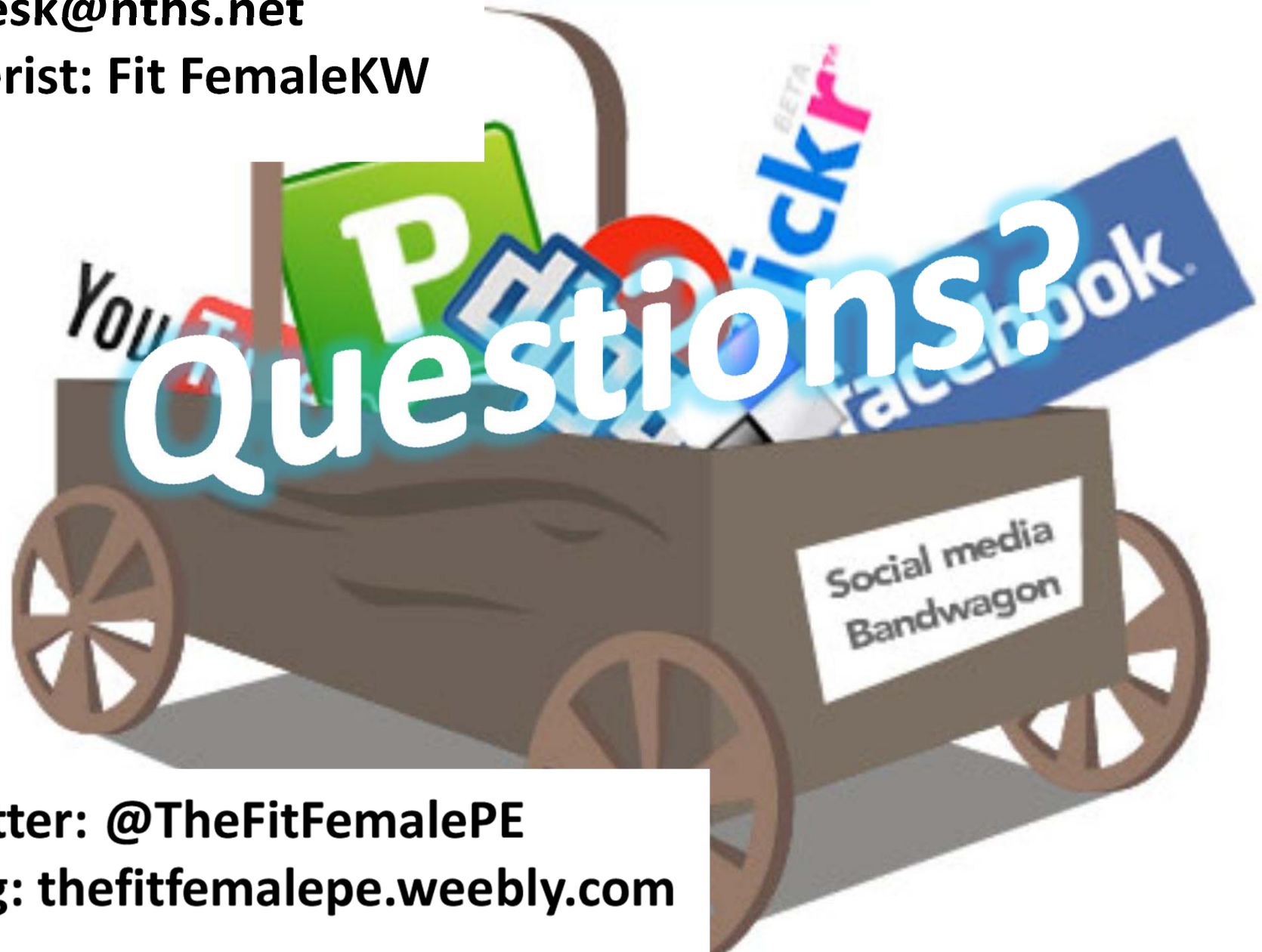
- Parent education
- Extracurricular activities



**JUMP ON!**

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**Pinterist: Fit FemaleKW**



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# References

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