

Teaching Fitness for Life: Semester Syllabus **(high school editable sample)**

Teaching Fitness for Life is a semester designed to prepare future physical educators to teach a fitness education class at the high school level. “Fitness education is a subcomponent of the total physical education program, focusing on helping students acquire knowledge and higher-order understanding of health-related physical fitness (the product), as well as habits of physical activity and other healthy lifestyles (the process) that lead to good health-related physical fitness, health and wellness” (SHAPE America—formerly NASPE, 2012, p. 1).”

Course Objectives.

Upon completion of this course the future physical education teacher will be able to:

- Describe an effective fitness education program and implement it in a high school setting,
- Justify in writing and verbally reasons for including fitness education in a quality physical education program,
- Describe the teaching-learning process and show how a quality fitness education program relates to each step in the process,
- Describe the content of an effective fitness education program,
- Describe different program schedule and organizational options,
- Teach a demonstration class using *Fitness for Life* and/or *Physical Best* lesson plans and resources,
- Explain ways of adapting programs for students with special needs and explain how to maximize physical activity in activity when teaching activity lessons,
- Describe effective methods of student evaluation including grading,
- Explain how various fitness education programs integrate (e.g., FFL, FG, PB),
- Explain e-Book and Online options and methods of overcoming exemptions.

Readings and Videos

1. Corbin, C. B., & Le Masurier, G. C. (2014). *Fitness for Life (6e)*. Champaign, IL: Human Kinetics.
2. Carpenter, J. & Sinclair, C. (2011). **Physical Best Activity Guide: Middles and High School Levels**. (3rd ed.). Champaign, IL: Human Kinetics.
3. President’s Youth Fitness Program. Resources available at:
<http://www.pyfp.org/professional-development/free-materials.shtml/index.shtml>
(test manual, physical educators guide, parent guide)
4. *Fitness for Life* student resources available at www.fitnessforlife.org (video, worksheets, webinar videos)
5. *Fitness for Life* Teacher Web Resource (lesson plans, Powerpoint presentations, other).
6. Fitnessgram resources, available at www.fitnessgram.net (Resource Guide, videos)

Reading Assignments and Class Schedule

Date	Reading/Video	Schedule of Topics
Week 1	5. see topics 4. Video 1 1. iii-xii	Introduction, FFL Basics, T-L Process, Foundations <i>Fitness for Life</i> Instructor's Webinar Video 1 <i>Fitness for Life</i> Tour
Week 2	5. see topics	Objectives, Content, Scheduling
Week 3	5. see topics 4. Video 2	Methods and Using Plans <i>Fitness for Life</i> Instructor's Webinar Video 2
Week 4	5. see topics 1. Ch. 1-3 + 4.	<i>Fitness for Life</i> Program Content Teaching Demos: Unit I
Week 5	1. Ch. 4-9 + 4.	Teaching Demos: Units II-III
Week 6	1. Ch. 10-15 + 4.	Teaching Demos: Units IV-V
Week 7	1. Ch. 16-21 + 4.	Teaching Unit VI-VII
Week 8	2. see topics	Physical Best: Standards, Concepts, Activities
Week 9	2. 1-5	Student Teaching Demos: Physical Best
Week 10	2. 6-10	Student Teaching Demos: Physical Best
Week 11	3. see topics 6. see topics	PYFP program materials Fitnessgram/Activitygram Test Manual
Week 12	5. see topics	Evaluation (Assessment), Grading, Portfolios
Week 13	5. see topics	Methods: Adapting for Students with Special Needs and Maximizing Physical Activity
Week 14	All	Technology: Web, Icons, web reinforcement, FG software
Week 15	5. see topics	e-Books, Online Programs, Exemptions, Other
Week 16	Catch up	

Assignments (reading assignments shown above)

Date	Assignment	Points
Week 4	Position Paper* Topic: Justify a <i>Fitness for Life</i> class as one part of a total physical education program.	10
Week 5	Quiz: Readings and Class Sessions for Weeks 1-5. 30 multiple-choice questions; One essay question.	10
Weeks 5-11	Group Presentations/Demonstrations. Work with a group to present a classroom or activity lesson plan using the lesson plans and resources provided. (Chapters and Lesson Plans 1-21)	10
Week 8	Position Paper. Topic: Take a position on any topic related to Physical Best	10
Week 10	Quiz on Weeks 6-10 material (same format as Quiz 1).	10
Weeks 10-11	Group Presentation/Demonstration. Physical Best Lessons. Same format as above.	10
Week 15	Sample Student Portfolio, including worksheets and other assignments	10
Week 16	Final Exam. 75 multiple-choice questions. Two essay questions. Weeks 11-16 plus content from all weeks.	20

*Four-page typed paper (double space). Use APA format. Include your name, the paper number, the topic, the name of the class, and the date of a cover page (page 1). The body of the paper should be one and one-half to two pages (pages 2 and 3). Cite two to four references on a separate reference page (page 4).