

Teaching Fitness for Life: Semester Syllabus **(K-12 editable sample)**

Teaching Fitness for Life is a semester designed to prepare future physical educators to teach a fitness education class. "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 (K-12),
- 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 for each level (elementary, middle school, high school),
- 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. Borsdorf, L. L. & Boeyink, L. A. (eds.). (2011).). **Physical Best Activity Guide: Elementary School Levels**. (3rd ed.). Champaign, IL: Human Kinetics.
4. 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)
5. *Fitness for Life* student resources available at www.fitnessforlife.org (video, worksheets, webinar videos)
6. *Fitness for Life Middle School* resources available at: www.fitnessforlife.org
7. *Fitness for Life Elementary School* resources available at: www.fitnessforlife.org
8. *Fitness for Life* Teacher Web Resource (lesson plans, Powerpoint presentations, other).
9. Fitnessgram resources, available at www.fitnessgram.net (Resource Guide, videos)

Reading Assignments and Class Schedule

Date	Reading/Video	Schedule of Topics
Week 1	8. see topics	Introduction, FFL Basics, T-L Process, Foundations
Week 2	8. see topics	Objectives, Philosophy, Theory, Evidence Base
Week 3	7. Webinar 7. Sample video 7. see topics	Fitness for Life Elementary School—Program Overview: Whole School Approach Sample lesson plans, newsletters, signs, etc.
Week 4	6. Webinar 6. program description	Fitness for Life Middle School—Program Overview Sample Chapters, Using Lesson Plans
Week 5	7. see topics 6. see topics	Student Teaching Demos: FFLES--Classroom, PE, whole school, FFLMS Classroom and activity.
Week 6	8. see topics 1. iii-xii, Ch 1 6. Webinar 1 & 2	Webinars 1 and 2, Use of lesson plans, videos FFL high school content
Week 7	1. Ch. 1-12 8. see topics	Student Teaching Demos FFL High School Lesson plans, Powerpoint materials, activity cards
Week 8	1. Ch. 13-21 8. see topics	Student Teaching Demos FFL High School Lesson plans, Powerpoint materials, activity cards
Week 9	2. see topics 3. see topics	Physical Best Overview-Elementary and Secondary Lesson Plans, Program Implementation
Week 10	3. see topics	Student Teaching Demos Physical Best Elementary
Week 11	2. see topics	Student Teaching Demos Physical Best Secondary
Week 12	4. 9.	PYFP program materials Fitnessgram/Activitygram Test Manual
Week 13	5. see topics	Evaluation (Assessment), Grading
Week 14	All	Technology: Web, Icons, web reinforcement, FG software
Week 15	5. see topics	Methods: Adapting for Students with Special Needs and Maximizing Physical Activity
Week 16	5. see topics	e-Books, Online Programs, Exemptions, Other

Assignments (reading assignments shown above)

Date	Assignment	Points
Week 3	Position Paper* Topic: Justify a Fitness Education 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
Week 8	Position Paper. Topic: Take a position on any topic related to Readings and Class Sessions for Weeks 4-8.	10
Weeks 5, 7-8	Group Presentations/Demonstrations. Work with a group to present a classroom or activity lesson plan using the lesson plans and resources provided. FFLES, FFLMS, FFL.	10
Week 10	Quiz on Weeks 5-11 material (same format as Quiz 1).	10
Weeks 10-11	Group Presentation/Demonstration. Physical Best Lessons. Same format as above.	10
Week 13	Position Paper. Topic: Take a position on any topic related to Readings and Class Sessions for Weeks 9-13	10
Week 15	Sample Student Portfolio, including worksheets and other assignments	10
Week 16	Final Exam. 75 multiple-choice questions. Two essay questions. Weeks 12-16 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).