

**Fitness Unit**  
**Ms. Colwick - 9<sup>th</sup> & 10<sup>th</sup> Grade**

Expectations for Student Learning: Making Healthy Choices

Enduring Understanding:

- *Positive Decision making about fitness contributes to a healthy lifestyle*
- *Efficient Movement improves performance*

Essential Questions:

- *How do you measure one's physical fitness?*
- *How do you maintain physical fitness?*
- *Why is physical fitness important?*

**Unit Expectations:**

1. Students will have an understanding how to measure one's physical fitness, how to maintain physical fitness levels and why physical fitness is important. (Written Test).
2. Students demonstrate knowledge of how to use technology to improve their overall fitness level – Heart Rate Monitors / Pedometers/ Cardio Vascular machines. (DEG / Written Test)
3. Students will participate to the best of their ability in the CT Physical Fitness Tests. (Fitness Test Grade)

**Unit Grading:**

DEG – 60 %

Written Test & Fitness Test – 25%

Fitness Packet (you lose it = zero) – 15%

**Fitness Unit Terminology**

Aerobic

Anaerobic

Body Composition

Cardiovascular Endurance

Flexibility

Max HR

Muscular Endurance

Muscular Strength

Resting HR

Target Heart Rate

CURRENT AGE \_\_\_\_\_

**CT Physical Fitness Test Report Card –**

Fitness Component	Test	Pre-Test Score	My Health/ Challenge Score (age)	MY GOAL	Actual Test Score
Cardiovascular Endurance	MILE				
Flexibility	SIT & REACH				
Muscular Endurance	SIT-UPS				
Muscular Strength	PUSH-UPS				