

LIFELONG INDIVIDUALIZED FITNESS EDUCATION

Lifelong Individualized Fitness Education (LIFE), a required one-credit high school course, provides students with a blueprint for a lifetime of healthy living. Through the LIFE course, students acquire information regarding various aspects of fitness and apply this learning to assess their own fitness levels. In addition, students are required to develop an individualized fitness plan that establishes a foundation for a healthy future.

It is highly recommended that this required course be taken in the tenth grade. Students who successfully complete the LIFE course fulfill the *Alabama High School Diploma* requirement for one credit in physical education. Due to the unique aspects of the LIFE course, it is difficult to accomplish the required content of this course in athletics, the Junior Reserve Officers' Training Corps (JROTC) program, band, extracurricular activities, or other physical education courses.

Throughout the LIFE course, a variety of health-enhancing activities are derived by utilizing sports and games as a vehicle for reinforcing and applying fitness components and principles. The LIFE course includes active, hands-on laboratory learning experiences. For example, after a lesson in which students learn about target heart rate, students check their heart rates following participation in a game or activity.

High school students experience significant physical, intellectual, and emotional growth and development. They also assume more complex responsibilities such as employment and making career choices. This course reinforces physical education knowledge and skills learned in Grades K-8 by providing students with further knowledge and skills to construct and implement a lifelong plan for physical activity.

Skill Development

Students will:

1. Demonstrate movement combinations from a variety of physical activities that enhance cardiorespiratory endurance, muscular strength and endurance, flexibility, and body composition.
Examples: running, weight training, circuit training, aerobics
2. Demonstrate complex movement sequences in a variety of physical activities.
Examples: martial arts, dances, games, outdoor pursuits, individual and team sports

Cognitive Development

3. Utilize rules and strategies for safe game play and selected lifetime activities.
Example: organizing teams for modified games
4. Identify short- and long-term health-enhancing benefits of physical activity.
Examples: lowering resting heart rate, reducing stress level, increasing metabolism, strengthening the immune system
 - Identifying effects of age on physical activity preferences and participation
 - Explaining the relationship of physical, emotional, and cognitive factors that influence the rate of improvement in fitness performance
5. Identify requirements for selected careers in physical education, health, and fitness.
 - Identifying factors related to career choices

Social Development

6. Identify strategies for positive behavior modification and for social interaction among diverse populations.
Example: using peer intervention to bring about desired changes in behavior
7. Explain the impact of participating in multicultural physical activities.
Example: developing cultural awareness
8. Demonstrate responsible personal and social behavior during physical activities.
Examples: awareness of surroundings to avoid injury, respect for officials' decisions
9. Demonstrate responsibilities of a leader or a follower to accomplish group goals.
10. Critique a community service project that involves physical activity by identifying benefits, problems, compromises, and outcomes.
Examples: walkathons, fun runs, Jump Rope for Heart fundraisers

Physical Activity and Health

11. Utilize health and fitness technologies to develop a healthy lifestyle.
Examples: heart-rate monitors, pedometers, spirometers, skinfold calipers
 - Measuring target physiological functions utilizing correct instruments
 - Calculating health risk based on body composition

12. Utilize safe practices when participating in physical activities.
Examples: avoiding high-caffeine energy drinks, avoiding dangerous supplements, considering weather conditions, considering medical conditions and personal physical conditions
13. Compare goals for attaining and maintaining fitness.
14. Construct criteria for evaluation of commercial fitness and health products and services.
Examples: cost, consumer reviews, availability
15. Create a nutrition program that targets goals for maintaining energy and recommended body composition.
16. Design a personal fitness plan that promotes activity for life.
 - Using selected assessments to modify an individualized fitness plan
Example: range of motion, skinfold, heart rate

 - Applying principles of specificity, overload, frequency, intensity, time, and progression to physical activities
Examples: recording progress, selecting activities, arranging exercise, tracking progress
 - Demonstrating a lifestyle that includes participation in physical activity on a consistent basis