

Absegami High School
Goal Specific Fitness Syllabus

Course Description:

This course is designed to teach students how to improve wellness and exercise effectively. Each class will highlight the seven major movement patterns and the three energy pathways. Additionally, the course will include information on goal-setting and nutrition.

Required Texts and Supplies:

There is no book for this class. Each student will be required to create a profile on the plt4m website and Google Classroom. See teacher for the code.

Grading:

Will follow the district grading profile:

- 50% - Skill/knowledge and assessments (participation, assessments - written and performance)
- 40% - Preparation/Dress (completion of tasks, cell phone, in your stations/squad areas, on task, cooperation, lateness)
- 10% - Progress Assessment

Units of Study:

Nutrition; Fitness Anywhere; Fitness 101, 102, & 201; Fitness Testing