

Fit for Life

Goal: To improve a student's overall fitness.

Monday, Wednesday and Friday will be spent doing various strength, conditioning, aerobic, flexibility, stress reduction, and other movement activities.
Tuesday and Thursday will be spent in the Fitness center working on cardio, strength and flexibility activities.

Week 1 Introduction to Fit for Life.
1. Entrance Card
2. Rules and Expectations

Fitness assessments
General fitness tests
Mile run
Sit ups
Push ups
Body composition
Flexibility

Week 2 Set fitness goals
Fitness room (Cardio and muscle fitness)
Journal

Week 3 Cardio week- Target heart rate (learn to use heart rate monitors)
Current event
Pedometer walk (10,000 step info)
Aerobic vs. anaerobic

Week4 Strength week
Journal
Dynabands™
Medicine balls
Hand weights

Week 5 Core training
Pilates
Yoga
Swiss balls

Week 6 Develop a fitness plan
Cardio-strength circuits
Current event

Week 7 Work fitness plan
Journal
Rate of perceived exertion

Week 8 Nutrition week
Calories
Fat

Week 9 Fitness tests #2
Set new goals
Weight max

Weeks
10 – 17

Journals and Current Event articles will be done about once every 3 weeks.
Continue working on Fitness Plan
Yoga, Pilates, Step, Fitness Ball, Tae Bo and other aerobic and strength workouts will be done each week.
When space permits, a fitness game may be played.

Week 18 Fitness Tests

1st Sem.
Final

The fitness plan will be re-done to include updated goals and create a new Personal fitness plan using test scores and goals as the background for the new program. Each student will be held accountable during the next semester and graded on how well they follow their plan.