

## **Intro to Kinesiology/PE Course 1 Overview**

This is a course taken by only 9<sup>th</sup> graders in their first year of High School. This core course will introduce skills and strategies involved sport and activity. A foundation for lifetime activity will be stressed. The California Fitness Exam will be administered during the spring semester. Students will demonstrate knowledge of and show competency in motor skills, movement patterns and strategies needed to perform a variety of physical activities. There is a strong emphasis on individual fitness, exercise physiology, biomechanics, motor learning and anatomy.

### **Necessary Skills**

Upon entering the course, students should be able to:

Comprehend and critically analyze the expectations of the class

Develop and support overall physical fitness awareness

Contribute effectively to your own physical success and the overall success of the class

Demonstrate understanding and control fitness goals and physical fitness techniques

Take notes and organize a fitness program

### **Workload Expectations**

- Working as hard as you can during class
- Be prepared for regular daily exercise
- Be prepared to improve your physical fitness
- Must dress out daily for credit each week
- Must participate in class
- Journal writing is mandatory for all students

**Level of Difficulty: Beginning-Moderate**

### **Recommended Preparation**

Students are required to dress daily in appropriate athletic clothing. Tee shirt, shorts, tennis shoes and sweats are allowed. Students must also bring a combination lock to school to use in their own assigned locker. Students should have the mindset to participate each day in the exercises and activities offered.

### **Estimated Homework**

There is no homework assigned other than diet modifications that may be suggested. There will be ample opportunity for make ups throughout the semester.

### **Course Objectives**

This course is designed to prepare students for a lifetime of fitness and overall good health. Students will develop the discipline of dressing out and participating each day of each week throughout the school year. The opportunity to maintain or develop good fitness levels will be provided. The student will also work to pass the California Fitness exam given during the spring semester.