

Name of course: Holistic

Target levels: 10-12 grades

Length of course: One semester

Course philosophy:

Considering that everything you do in life will have an impact on your health; this course will include a variety of health topics such as nutrition, fitness components, and lifelong enjoyment of physical activity. Holistic provides the students with the tools necessary to enhance their development of attitudes, behaviors, and skills conducive to physical, mental, social and emotional well-being.

Course requirements:

1. Notebook or folder
2. Pen for class notes
3. Workout clothes for class
5. Access to the internet

Grading procedure: Your semester grade will be determined by the total number of points you have earned through various assessments. Examples of such assessments are:

1. Practical evaluations
2. Tests
3. Quizzes
4. Power point presentation
5. Writing assignments
6. Fitness testing

Grading scale:

- A- to A+ 90-100
- B- to B+ 80-89 F 0-59
- C- to C+ 70-79
- D- to D+ 60-69
- F 0-59

Classwork/Homework policies:

1. There will be two long-range assignments that you will need to be working on daily during the semester.
2. All assignments are due on date posted in the classroom. Reminders on long-range assignments will be emailed periodically.
3. All assignments must include your name, date, and health topic.
4. Listen to all instructions, and please ask questions about anything that you do not understand.
5. Email instructor with questions.

Classroom Policies:

1. You are responsible for any material covered or announcements made during his/her absence.
2. The school's attendance policy will be strictly enforced .
3. You are expected to exhibit behavior that is appropriate, respectful, and honest at all times.
6. Cheating or plagiarism will result in zero-credit for that particular assessment.

Calendar

Weekly Topic

1. Introduction/Record Weight and Height and Body Measurements
2. Nutrition Consequences
3. Cardiovascular Training
4. Fitness Testing
5. Weight Lifting
6. Bowling
7. Swimming
8. Wii System Games
9. Yoga
10. Fitness Walking
11. Biking
12. Fitness Testing/Weight and Body Measurements revisited

Holistic Outline

I. Introduction to Holistic

- A. Class curriculum, expectations, grading policy
- B. Classroom rules and procedures
- C. Locks and locker room procedures
- D. Dressing policy
- E. Assess personal fitness, compare personal scores data to health standards and set goals of maintenance and improvement

II. Nutrition Consequences

- A. Nutrients
- B. Nutrition labeling information
- C. Food Choices
- D. Food Guide Pyramid
- E. Weight Management-proper practices to maintain, lose, gain
- F. Proper hydration

III. Cardiovascular Fitness

- A. Assess cardiovascular fitness and set goals to maintain or improve fitness levels
- B. Cardiovascular activities including: power walking, pacer test, interval training, incline running, and distance running

IV. Fitness Testing

- A. Mile Run
- B. Sit & Reach
- C. Push-Ups
- D. 1 minute sit-ups

V. Weight Lifting

- A. Introduction to the weight room
- B. Assess personal fitness, compare personal scores data to health standards and set goals of maintenance and improvement
- C. The components of total health fitness and the relationship between physical activity and lifelong wellness

- D. Basic resistance exercises (including free weights, hand weights, weight machines, exercise bands and tubing, medicine balls, fit balls)

VI. Bowling

- A. Technique Grip and Stance
- B. Aim
- C. Scoring
- D. Game

VII. Swimming

- A. Introduction to Water Skills
- B. Fitness Aquatic Skills
- C. Water Aerobics

VIII. Wii System

- A. Skill development and motivation for learning as outcomes of engagement with a game and integrated classroom curriculum
- B. Games would include Wii Sports, Active Personal Trainer, Wii Fit, and Wii Dance

IX. Yoga

- A. Breathing: Importance, philosophy, physiology
- B. Yoga Three Part Breath Instruction and daily practice
- C. Relaxation: Importance, philosophy, physiology
- D. Deep relaxation practice
- E. Notebooks: Keep record of all poses learned and instructions
- F. Beginning Yoga Poses: Instruction and guided practice in 10-15

X. Fitness Walking

- A. Assess fitness levels
- B. Walking technique with upright posture, use of arms and leg motion
- C. Timed walk, tracking steps using a pedometer
- D. Cyber hike and track mileage

XI. Biking

- A. Proper sizing of a bike and helmet
- B. Bicycle traffic laws and bicycle rules of the road
- C. Traffic signs, signals, situations, and certain road conditions

XII. Fitness Testing/Weight and Body Measurements revisited

- A. Reassess personal fitness and compare scores to pre-test scores and personal goals
- B. Finish portfolios