

# Fitness Leadership 11

## General Curriculum Outcomes

Students will be expected to

### Knowing

- A. demonstrate an understanding of the concepts that support human movement
- B. demonstrate a knowledge of the components and processes needed to develop and maintain a personal level of functional fitness

### Doing

- C. demonstrate motor skills in all movement categories using efficient and effective body mechanics
- D. participate regularly in a variety of activities that develop and maintain personal physical fitness
- E. demonstrate creativity in all movement categories

### Valuing

- F. demonstrate positive personal and social behaviours and interpersonal relationships
- G. demonstrate positive attitudes toward and an appreciation of physical activity through participation
- H. demonstrate awareness of career and occupational opportunities related to physical activities

## Specific Curriculum Outcomes

Students will be expected to

### Anatomy and Physiology

- 1.1 analyze various physiological changes to the body before, during, and after physical activity through a variety of movement experiences
- 1.2 apply their knowledge of proper terminology to identify various structures of the skeletal, muscular, and cardiovascular systems

### Principles of Conditioning

- 2.1 recognize the health-related skill components of fitness and apply their knowledge of each component of physical fitness within an instructional fitness class
- 2.2 design programs that will enhance the components of physical fitness, using the principles of conditioning
- 2.3 create and lead a variety of conditioning programs designed to enhance the various components of fitness for various age groups

## Leadership

- 3.1 apply effective leadership techniques and management skills designed to maximize learning, fun, and activity time for group led fitness experiences
- 3.2 recognize and research factors that may contribute to physical inactivity among children and youth
- 3.3 demonstrate an understanding of the relationship between healthy eating and physical activity
- 3.4 examine legal liabilities associated with administrating program delivery

## Injury Prevention and Risk Management

- 4.1 successfully complete a level C CPR course
- 4.2 demonstrate an understanding of what to do if an injury occurs during instructional time
- 4.3 recognize injury prevention practices in various teaching and leadership situations
- 4.4 apply appropriate action and procedures to common and fitness-related injuries

## Components of a Fitness Class

- 5.1 lead age-appropriate warm-up and cool-down activities
- 5.2 demonstrate various techniques in cueing fitness exercises
- 5.3 demonstrate various fitness exercises in a progressive order
- 5.4 design and deliver a community-based fitness experience for children and youth ages 5 18