

# Fitness Leadership 11

## Specific Curriculum Outcomes

Students will be expected to

### **Anatomy and Physiology**

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

### **Principles of Conditioning**

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

### **Leadership**

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

### **Injury Prevention and Risk Management**

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

### **Components of a Fitness Class**

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

