

Fitness for Life Outline
2007-2008

September 19th and 20th Cardiovascular fitness and Activity Lecture/Discussion

- Check out Textbook
- Write down 8 objective questions
- Go over answers with discussion

Homework -

“How I feel” worksheet

Read pages: 74-78

October 3rd and 4th - Cardio Lab

- I am Joes Heart
- Cardio Lab Worksheet

Homework -

Complete labs

Read pages: 48-52; 62-65; 81-83

October 24th and 25th Body Composition

- Facts about adipose tissue
- Controlling adipose tissue

November 14th and 15th – Body Composition lab

- Body composition Lab with worksheet

Homework -

Finish Body Composition Lab

November 28th and 29th - Physical Activity as a lifestyle

- Components of Fitness (health and skill)
- Basic Principals of Exercise
- Factors that contribute to fitness

Homework -

How Active am I? How Fit am I? - Worksheet

“Activity Pyramid - Worksheet”

Reading pages: 88-92; 96-98