

## **Fitness for Life Outline** **2007-2008**

### **September 19<sup>th</sup> and 20<sup>th</sup> 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 3<sup>rd</sup> and 4<sup>th</sup> - Cardio Lab**

- I am Joes Heart
- Cardio Lab Worksheet

Homework -

**Complete labs**

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

### **October 24<sup>th</sup> and 25<sup>th</sup> Body Composition**

- Facts about adipose tissue
- Controlling adipose tissue

### **November 14<sup>th</sup> and 15<sup>th</sup> – Body Composition lab**

- Body composition Lab with worksheet

Homework -

Finish Body Composition Lab

### **November 28<sup>th</sup> and 29<sup>th</sup> - 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**