

Phoenix Christian High School

PED0300 Girls Fitness

Course Scope & Sequence (2010)

COURSE DESCRIPTION

In this class, young ladies will learn the importance of proper physical fitness. This goal will be accomplished through various physical activities that promote overall general health and physical fitness; increase muscle strength and endurance; improve flexibility and cardiovascular system; promote a positive self image; teach the value of teamwork through participation, and learn how to glorify God in a workout. This includes Living in the Spirit (Romans 8:6), Love for Others (John 13:34-3), and Edification (1 Corinthians 14:26).

COURSE SCOPE AND SEQUENCE

First Semester

Unit 9 Weeks

Key Concepts: Gym Safety and Etiquette, Stretching and Warm-ups, Nutrition, Routines and Workouts, Fatigue, Mentality, Emotions, Rest and Recuperation, Thoughts and Focus.

Assessments: Participation and Effort, Following Instructions, Homework, Proper Attire – Preparation – and Punctuality.

Biblical Integration: II Timothy tells us to endure hardness, and so with exercise we may focus on endurance and fatigue as being obstacles that God has set for us. It also states that “similarly, if anyone competes as an athlete, he does not receive the victor’s crown unless he competes according to the rules.” II Timothy 2:5

Second Semester

Unit 9 Weeks

Key Concepts: Achieving Fitness Goals, Health, Pain and Body Awareness, Battling the Flesh, Lifestyle, Injuries, Speed Training, Plyometrics, Real and Living Relationship with God.

Assessments: Quizzes, Participation and Effort, Following Instructions, Homework, Proper Attire – Preparation – and Punctuality.

Biblical Integration: I Corinthians states that “everyone who competes in the games, goes into strict training. I Corinthians 9:25. We take care of our mind, soul, and body in Christ’s name and for his glory.