**SDSS Physical Education**

**P.E. Superfit 12**

**Course Outline**

**SUPERFIT** is designed to provide students with opportunities to:

* Understand and demonstrate knowledge of the muscular and skeletal systems in the body
* Understand and demonstrate the principles and concepts of weight training and cardiovascular training (progression, overload, specificity, F.I.T.T.)
* Develop and maintain a personal level of physical fitness
* Develop and maintain a positive attitude towards fitness in the pursuit of lifelong health and well-being
* Design and implement plans for healthy living
* Demonstrate a positive attitude and work ethic through volunteer work
* Experience the challenge of completing a triathlon
* Experience community activities that promote lifelong healthy living

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**COURSE CONTENT**

**SUPERFIT** will provide students with an overview of the following:

1. Introduction- Course Outline, Class Expectations, Evaluation
2. Components of Physical Fitness
3. Intro to anatomy and physiology
4. Principles of training (progression, overload, FITT, specificity)
5. Athletic injuries/Treatment
6. Nutrition
7. Development of a workout program
8. Triathlon training
9. Recreational activities

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