

# Spanish Fork High School 2014-15

## Unit Topics and I Can Statements

### Fitness for Life: Girls

#### Muscle Fitness

- ❖ I can tell you the difference between muscle strength and muscle endurance and what workouts will increase both types by explaining the repetition continuum.
- ❖ I can explain relative strength and the 2 different muscle fiber types.
- ❖ I can explain the FIT formula for muscle fitness.

#### Body Composition

- ❖ I can tell you several ways to evaluate body composition and the strengths and weakness of each.
- ❖ I can tell you the body functions of body fat.
- ❖ I can explain the FIT formula for healthy body composition

#### Flexibility

- ❖ I can explain the importance of flexibility in a workout and the different types of flexibility
- ❖ I can explain the FIT formula for healthy flexibility

#### Physical Activity Pyramid

- ❖ I can explain the physical activity pyramid and the difference between skill related fitness and health related fitness.
- ❖ I can describe the stairway to lifetime fitness and how fitness class fits into that stairway.

#### Cardiovascular Fitness

- ❖ I can find my target heart rate
- ❖ I can define cardiovascular fitness and its lifetime benefits
- ❖ I can explain the FIT formula for healthy cardiovascular fitness

#### Daily Workouts and Fitness Log

- ❖ I can dress out and participate in the daily workouts and understand how each segment of class fits into the different components of fitness and overall lifetime fitness.
- ❖ I can keep track of my weekly fitness activities and make sure that I get a minimum of 4 workouts per week.