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.