

MUSCLE STRENGTH CARDIOVASCULAR FITNESS

Muscle Strength and Cardiovascular Fitness are an elective course for any female attending CHS. Students who satisfactorily complete the course will earn one unit of credit.

- I. Course description: The main objective is to strength and firm up the muscular system of the female body.
 - A. Muscle Fitness:
 1. Activities that will be included are: running, warm-up, stretching, and weight-lifting.
 2. The student will be taught the correct procedure for calculating their target heart rate for burning fat while working out.
 3. Exercises performed in correlation with the toning and shaping tapes will focus on specific trouble areas on the female body (arms, stomach, hips, legs, and buttocks)
 4. Proper technique and safety precautions will be strictly enforced during the weight-lifting segments.
 5. Nutrition facts will be discussed with topics to include low fat foods, eating out wisely, cooking healthy, the importance of water in maintaining a healthy body and reading food labels. We will also discuss the various types of fad diets and their harmful effects to the body systems.
- II. Grading:
 - A. All students will receive an “A” if they meet the following requirements:
 1. dress out each and every day in class.
 2. work out and try all activities with an enthusiastic personality.
 - B. Failure to do so will result in:
 1. 1st time-required run and conference with administrator
 2. 2nd time- Iss
 - C. All doctor excuses will be kept in file. The student will be required to dress out if the injury is not prohibiting
 - D. No notes will be accepted from home to excuse a student from dressing out
- III Tests:
 - A. There will be no written tests given in this class.

IV Student Outcomes:

- A. Introduce to the student a variety of activities to stay in shape and improve body systems after the completion of their high school years.
- B. Stress how exercise is important in the elimination of several diseases.
- C. Differentiate between fat grams and calorie consumption.
- D. Encourage the student to exercise on their own time.
- E. Be familiar with different types of exercising that will improve the mental and physical image of their bodies.
- F. Introduce to the student a variety of means for “staying in shape” that they can participate in after graduation.

V. Time and place to be reached by parent:

I may be reached from 7:30-8:30 each day. You may call 431-2616 ext. 4146.