

Personal Fitness:

Standards and Benchmarks - [Confirmed](#)

## **Standard 1: Students will understand the importance of physical fitness**

Benchmark

Level: Grades 10 - 12

- 1.1 Students will understand that exercise is the key component to health and fitness
- 1.2 Students will understand that lack of physical activity has led to a rise in hypo kinetic diseases, coronary heart disease, etc.
- 1.3 Students will understand that the essential components to physical fitness are: cardio-respiratory fitness, muscular strength and endurance, body weight and composition, flexibility, and neuromuscular relaxation.

## **Standard 2: Students will be able to assess personal fitness**

Benchmark

Level: Grades 10 - 12

- 2.1 Students will assess cardio-respiratory fitness, muscular strength and endurance, body weight and composition, flexibility, and neuromuscular relaxation.
- 2.2 Students will analyze and monitor appropriate health-enhancing aspects of exercise

## **Standard 3: Students will design exercise programs.**

Benchmark

Level: Grades 10 - 12

- 3.1 Students will understand that different workout programs are used to reach different goals
- 3.2 Students will understand different popular physical fitness training models
- 3.3 Students will apply current research to the design of physical fitness programs

Personal Fitness:

Standards and Benchmarks - [Confirmed](#)

**Standard 4: Students will demonstrate responsible personal and social behavior.**

Benchmark

Level: Grades 10 - 12

- 4.1 Students will use equipment safely
- 4.2 Students will assist in the care and maintenance of equipment
- 4.3 Students will cooperate in variety of activities
- 4.4 Students will demonstrate appropriate Fitness Room etiquette