



## LOS GATOS-SARATOGA UNION HIGH SCHOOL DISTRICT

### COURSE OUTLINE

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Course Title: Fitness and Food	
School Site: Saratoga	Department: Physical Education
Course Length: semester	Grade Level: 11-12

#### **Course Description**

This course is intended for the upper classman who otherwise would not be enrolled in a first period class. Students will participate in vigorous physical fitness activities, and on block days, will eat breakfast while studying basics of food preparation, food safety, nutritional influences on athletic and academic performance and psychological and sociological influences on food choices and body image. Students will develop skills intended to make a successful transition from the physical fitness instructional program to the independent pursuit of a healthy lifestyle beyond the high school years

#### **Prerequisites to Course**

Courses: Beginning Physical Fitness a plus, but not required  
 Subject matter knowledge and skills: none

#### **Main Course Objectives**

Objective 1:	Students will participate in vigorous physical activity at least four days per week
Objective 2:	Students will establish a set of personal fitness goals, and will develop an individual fitness plan
Objective 3:	Students will establish goals for weight gain, weight loss or weight maintenance, and develop an individual nutrition plan.
Objective 4:	Students will evaluate the physical, psychological and social benefits of from regular participation in physical activity
Objective 5:	Students will demonstrate basic skills in menu planning, food purchasing and meal preparation
Objective 6:	Students will investigate various models of food as fuel for optimum human performance
Objective 7:	Students will collaborate on food preparation projects, and will assist others in the achievement of their fitness goals

### **Major Learning Activities**

- Students will participate in daily, intensive, constantly varied physical challenges.
- Students will establish a set of personal fitness goals related to participation in life-long physical activities, and will track progress toward achievement of these goals
- Based on their investigation of the relationship between nutrition and human performance, groups of students will plan and prepare a post-workout breakfast for the class, while demonstrating mastery of the fundamentals of meal planning and food purchasing and preparation.

### **Evaluation Process**

Student Success: daily participation; effort (teacher rubric); improvement on a variety of fitness measures; demonstration of knowledge (tests, quizzes, performance assessment); projects (e.g., effective goal setting, personal fitness plan; menu planning and food preparation).

Course Effectiveness: Percentage of students who meet their goals; student survey

### **Accommodations for Students with Special Needs**

All objectives and learning activities can be modified as appropriate

### **Model Curriculum Standards**

This course is based on the overarching content standards for high school youths as described in the Physical Education Model Content Standards for California Public Schools:

Standard I: Students demonstrate knowledge of and competency in motor skills, movement patterns, and strategies needed to perform a variety of physical activities.

Standard II: Students achieve a level of physical fitness for health and performance while demonstrating knowledge of fitness concepts, principles, and strategies.

Standard III: Students demonstrate knowledge of psychological and sociological concepts, principles and strategies that apply to the learning and performance of physical activity.

It is also based on elements of the Health Framework for California Public Schools (Food Choices, page 174; Products and Services/Food Choices, pp. 181-182)

**Department Chair Approval**

Department Chair signature:

Date:

**Principal Approval**

Principal's signature:

Date:

**District Curriculum Council Review**

Council Chair Signature:

Date:

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**Board Approval**

Superintendent's Signature:

Board Approval  
Date: