

Fit For Life

Mr. Christopher Phelan
(631) 367-6813

This course meets days 2,4,6 for the entire school year

This course will offer a wealth of information which will provide students with the tools needed to design effective and appropriate personal fitness programs throughout their lives. In a lecture and laboratory setting, students will examine the five components of fitness, nutritional concepts and receive and introduction to kinesiology through the use of pedometers, heart rate monitors and the Tri-Fit computer system. In addition, yoga and weight training activities will be highlighted. Although Fit for Life is not a prerequisite for Sports Medicine, some topics are interchangeable and will be discussed in both courses.

- You must pass this course to complete your physical education requirement for the year !!!!! Passing four years of physical education is a graduation requirement!!!!
- “Cutting” class will not be tolerated.
- The only approved absences from class will be legal absences from school and scheduled appointments. Please schedule all other meetings and appointments accordingly.
- Extra help is available, as needed by appointment.
- Extra credit available upon request, throughout the course.

Grading

A

B

C

D

I Incomplete; only given in special circumstances (students will have 2 weeks after the marking period ends to complete all required work, to receive a grade/credit)

F < or = 60