**Lifetime Fitness Syllabus**

Instructor: Mr. Keith Claxon

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Course Length: 18 Weeks (1 Semester)

**Course Description:**

Lifetime Fitness is a health and wellness course designed to help students understand and apply

principles of lifelong physical activity, nutrition, and personal wellness. Students will participate in

physical activities as able (without dressing out) and will also complete classroom-based learning,

reflections, and projects aligned with the Pennsylvania Academic Standards for Health, Safety &

Physical Education.

**PA Standards Addressed:**

• 10.3.9–10.3.12: Health & Physical Activity Concepts (fitness, nutrition, wellness choices)

• 10.4.9–10.4.12: Physical Activity (movement skills, principles of training, lifelong activities)

• 10.5.9–10.5.12: Concepts, Principles, and Strategies (goal setting, self-assessment,

decision-making)

**Course Goals:**

• Demonstrate understanding of fitness concepts, training principles, and wellness practices.

• Participate in physical activities while learning how to safely improve health and fitness.

• Track progress toward individual goals using self-assessment and reflection.

• Explore lifetime activities that promote lifelong fitness and well-being.

• Develop a personal fitness and wellness plan.

**Required Materials:**

• Chromebook or school device for online assignments with a charger

• Positive attitude and willingness to participate

**Grading Policy:**

• Participation & Engagement – 40% (attentive, respectful, effort in all class activities)

• Written Work & Reflections – 30% (journals, fitness logs, short assignments)

• Assessments – 20% (quizzes, skill checks, fitness concepts)

• Final Project – 10% (Personal Fitness Portfolio)

**Course Outline (18 Weeks):**

• Weeks 1–2: Introduction & Pre-Assessment – Wellness wheel, goal setting, fitness pre-assessment

(as able)

• Weeks 3–5: Cardiovascular Health – Walking programs, heart rate monitoring, classroom lessons

on cardiovascular fitness

• Weeks 6–8: Strength & Muscular Endurance – Bodyweight exercises, training principles, safety

• Weeks 9–10: Flexibility & Stress Management – Stretching routines, yoga-based movement,

mindfulness practices

• Weeks 11–13: Lifetime Activities – Low-intensity games/activities (pickleball, frisbee toss, fitness

stations)

• Weeks 14–15: Nutrition & Healthy Choices – MyPlate, hydration, sleep, energy balance, media

influence on health

• Weeks 16–17: Personal Fitness Planning – Students design a wellness plan including fitness,

nutrition, and lifestyle goals

• Week 18: Post-Assessment & Reflection – Compare progress, reflect on course, submit

**PBIS Points:**

Students can earn PBIS points each block for being responsible, respectful, and resilient.

**Be Respectful:** 3 points for completing an academic task.

**Be Responsible:** 3 points for arriving to class on time.

**Be Resilient:** 3 points for having your phone silent and away during the entire class period.

**Student’s Signature:**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_