
Coal City Unit District #1
Fitness Concepts
Physical Education Curriculum

PE.FC:1 Students will apply the components of health related fitness. (IL 20A)

- PE.FC:1-1 Define principles of training in a physical activity. (FITT)
- PE.FC:1-2 Use appropriate vocabulary to identify the principles of health-related fitness.
- PE.FC:1-3 Apply principles of FITT to establish a warm-up, workout, and cool down as elements of a workout plan.
- PE.FC:1-4 Explain the effects of various exercises and physical activities on the components of health-related and skill-related fitness.
- PE.FC:1-5 Identify proper strength training exercise techniques.

PE.FC:2 Students will assess individual fitness levels. (IL 20B)

- PE.FC:2-1 Match health-related fitness components to a valid assessment of each component.
- PE.FC:2-2 Identify health-related fitness data and evaluate individual physical fitness levels.
- PE.FC:2-3 Explain physical fitness test data recorded throughout an exercise program.
- PE.FC:2-4 Measure health-fitness levels in body composition, muscular strength, muscular endurance, flexibility, and cardiovascular endurance.
- PE.FC:2-5 Label and identify major muscle groups through diagrams and demonstration.

PE.FC:3 Students will explain the effects of health-related actions on the body systems. (IL 23B)

- PE.FC:3-1 Show knowledge of target heart rate zone without the use of technology.
- PE.FC:3-2 Recognize changes in fluctuations within target heart rate zone based on various exercises and training methods.
- PE.FC:3-3 Calculate maximum heart rate, target heart rate, recovery heart rate, and resting heart rate before, during, and after one's workout.
- PE.FC:3-4 Recognize differences in various exercises and activities and their effect on target heart rate and recovery heart rate.

PE.FC:4 Students will set goals based upon fitness data and develop, implement, and monitor their progress.

- PE.FC:4-1 Write health-related fitness goals that reflect current fitness level, length of available time, equipment and facilities, and realistic goals.
- PE.FC:4-2 Explain the specific health and exercise behaviors necessary to attain short-term and long-term goals and recognize possible difficulties in achieving both short and long-term goals and identify strategies to overcome these difficulties.

PE.FC:5 Students will set goals based upon fitness data and develop, implement and monitor an individual improvement plan. (IL 20C)

- PE.FC:5-1 Set short-term fitness goals specific for each component of health-related fitness based on individual needs assessment.
- PE.FC:5-2 Design a personal fitness program that incorporates all health-related fitness components and principles.
- PE.FC:5-3 Write health-related fitness goals that reflect current fitness level, length of available time, equipment and facilities, and realistic goals.
- PE.FC:5-4 Include principles of exercise frequency, intensity, time, type, specificity, progression, and overload into a regular exercise program, including a warm up and cool down.