



**RADNOR TOWNSHIP SCHOOL DISTRICT**  
**Course Overview**



**Course Name Fitness for Athletes**  
**Course # 05060636**

**General Information**

Credits: .05

Weighted: Un-weighted

Prerequisite: 9<sup>th</sup> & 10<sup>th</sup> grade Physical Education

Length: Full Year

Format: Meets twice a week

Grade: 11<sup>th</sup> & 12<sup>th</sup>

**Course Description**

Fitness for athletes is a course designed to meet a student athlete's needs. It is for a highly motivated athlete who wants to succeed in his/her sport. The course will cover nutrition, goal setting, weight training, injury prevention and rehabilitation. The class will also cover sport psychology strategies such as visualization. Some units throughout the school year will be about sportsmanship, character development, and responsibility and time management skills for academic success. The daily class activity will be predicated on the students' extra-curricular athletic commitments.

**Enduring Understandings and Essential Questions**

**Enduring Understandings**

Rules are designed to keep us safe.

All decisions have consequences.

There are many ways to get the help that you or others need.

- Fit people engage in physical activity on a regular basis.
- Fitness is a process not a product.
- Behaving well is as important as playing well.

**Essential Questions**

- What can I do to be physically active and why is it important?
- How can I use my time more effectively and efficiently?
- Why is it important to be physically fit and how can I stay fit?
- How do I interact with others during physical activity?
- How will physical activity help me now and in the future?
- How do I prevent self injury?

**Common Assessments:**

**PEAKS**

**Physical Education Rubric**

		<b>4</b>	<b>3</b>	<b>2</b>	<b>1</b>	<b>0</b>
<b>P</b>	<b>Preparation</b>	Fully Dressed On Time (Gym uniform and sneakers)	Fully Dressed Late	Athletic Clothing On Time	Street Clothes and Sneakers	No Sneakers No Uniform
<b>E</b>	<b>Effort</b>	Exemplary Consistently challenges self in an appropriate and safe manner.	Strong Frequently seeks to challenge self in an appropriate and safe manner..	Inconsistent Sometimes seeks to challenge self in an appropriate and safe manner.	Weak Lacks Motivation Does little or nothing	Unacceptable Does not participate
<b>A</b>	<b>Attitude</b>	Always respectful of the rights, property, and opinions of others	Usually respectful of the rights, property, and opinions of others.	Sometimes respectful of the rights, property, and opinions of others.	Seldom respectful of the rights, property, and opinions of others.	Shows disrespect for the rights, property or opinion of others.
<b>K</b>	<b>Knowledge</b>	Always demonstrates appropriate application of skills	Consistently demonstrates appropriate application of skills	Sometimes demonstrates appropriate application of skills	Seldom demonstrates appropriate application of skills	Rarely demonstrate appropriate application of skills
<b>S</b>	<b>Skills</b>	Always demonstrates correct mechanics of skills	Consistently demonstrates correct mechanics of skills	Sometimes demonstrates correct mechanics of skills	Seldom demonstrates correct mechanics of skills	Does not demonstrate correct mechanics of skills

**Major Units of Study:**

Nutrition for athletes  
 Time management  
 Goal setting and Stress Management  
 Weight training  
 Injury prevention & rehabilitation  
 Sports psychology  
 Sportsmanship  
 Character development  
 College recruitment process

**Materials & Texts**

**ASSORTED SPORTING EQUIPMENT**

**Summer Assignment**

**N/A**