**Area of Learning: PHYSICAL AND HEALTH EDUCATION — Fitness and Conditioning Grade 11**

**BIG IDEAS**

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| Our personal fitness can be maintained or enhanced through participation in a **variety of activities at different intensity levels**. |  | Knowing how our bodies move and function helps us **stay safe** during exercise. |  | Following proper **training guidelines** and techniques can help us reach our health and fitness goals. |  | Making **healthy choices** can help us reach our health and fitness goals. |

**Learning Standards**

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| **Curricular Competencies** | **Content** |
| *Students are expected to be able to do the following:*  Healthy and active living   * Participate daily in **physical activities** designed to enhance and maintain health components of fitness * Identify, apply, and reflect on **strategies** used to pursue personal fitness goals * Identify and describe the relationships between **healthy eating, overall health, and performance** in fitness activities * Analyze health messages from a variety of **sources** and describe their potential influences on health and well-being * Analyze a variety of **fitness myths and fads** * Plan ways to overcome potential **barriers** to participation in fitness and conditioning activities * Explain how developing competencies in fitness and conditioning activities  can **increase confidence and encourage lifelong participation** in physical activities   Human anatomy and physiology   * Identify and describe how muscles produce movement in different parts  of the body and how to train those muscles * Identify and describe the influences of different training styles on fitness results | *Students are expected to know the following:*   * **anatomical terminology** * skeletal system, including **bones and joints** * ways to train the **muscular and cardiovascular systems** * different types of muscle, including **cardiac and skeletal muscle** * relationships betweenenergy systems and **muscle fibre types** * different types and functions of **connective tissue** * components of an **exercise session** * exercise **safety and etiquette** * ways to monitor and adjust physical exertion levels, including heart-rate monitoring and **repetition ranges** * principles of program design, including training principles to enhance personal fitness levels, such as the **FITT principle**, **SAID principle**,and **specificity** * **effects of different types of fitness activities** on the body * sourcesof health information * influences of **food choices and eating patterns** on physical performance * **performance-enhancing supplements and drugs** |

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**Learning Standards (continued)**

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| **Curricular Competencies** | **Content** |
| Principles of training   * Develop and demonstrate appropriate exercise techniques for a variety of fitness activities * Create and implement a **personalized fitness program** * Identify and describe how different types of **fitness activities influence the muscular and cardiovascular systems**   Social responsibility   * Demonstrate a variety of leadership skills in different types of fitness activities * Demonstrate appropriate behaviours in different types of fitness activities and environments * Apply safety practices in different types of fitness activities, for themselves and others |  |