**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
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