**Fitness 11**

**Course Outline**

**Course Rationale**:

The aim of Fitness 11 is to enable students to enhance their quality of life through participation in life-long physical activity in a non-competitive environment. This course focuses on improving students’ personal fitness levels as well as improving their healthy lifestyle choices. Students will learn the techniques, theories and concepts of various training methods for general and/or sport specific activities. Students will use this knowledge to design, implement, and refine a fitness program that is specific to their needs, demonstrating improvements in the various components of fitness throughout the year.

**Course Expectations**

To be successful in this course, students are expected to:

1. Attend all classes in proper clothing
2. Demonstrate respect to others, equipment while working in a safe

manner

3) Encourage and support their classmates

4) Participate to the best of their ability in all activities

5) Complete a min. of 50 hours of participation in course related activities.

**Locations, Meeting Times**

We will be meeting outside the timetable and will arrange a schedule that works best with the student’s needs. Lunch time activities (yoga, fitness circuit, minor games) will take place in the gym at Oak Bay High School. Early morning classes will begin at 7:00 am at the Oak Bay Rec Center

**Cost**

A small donation will be necessary to offset the cost of guest yoga instructors, fitness trainers and to cover the cost of the Oak Bay Rec Center Fitness studio. We are asking for a $40 donation to help cover these inherent costs.

**Evaluation**

100% of the course mark is determined by participation, effort and attendance.