



MODULE B: FITNESS MANAGEMENT

Specific Learning Outcomes

Introduction

Lesson 1: Physical Activity for Optimal Health
and Fitness

Lesson 2: Changing Physical Activity Behaviour

Lesson 3: Understanding Your Personal Motivation for
Physical Activity

Lesson 4: Addressing Barriers to Physical Activity

Lesson 5: Making Physical Activity a Habit

Lesson 6: Planning for Physical Fitness

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Specific Learning Outcomes

- 11.FM.1** Evaluate the benefits of selected types of physical activities in the development of fitness and in the prevention of disease at various stages of life.
Examples: relationship between aerobic activity and cardiovascular disease, breast cancer, type 2 diabetes, mental health; relationship between weight-bearing activities and osteoporosis
- 11.FM.2** Examine factors that have an impact on the development and implementation of and adherence to a personal physical activity plan.
Examples: motivation, barriers, changing lifestyle, values and attitudes, social benefits, finances, medical conditions, incentives, readiness for change
- 11.FM.3** Examine and evaluate factors that affect fitness and activity choices.
Examples: intrinsic and extrinsic motivation, personal interests, personal health, family history, environment, finances, culture, level of risk
- 11.FM.4** Demonstrate an understanding of the concepts and principles related to the development and implementation of a personal physical activity plan.
Examples: cardiorespiratory endurance/aerobic fitness, musculoskeletal fitness, training principles, FITT (frequency, intensity, time, type) principle
- 11.FM.5** Design, implement, evaluate, and revise an exercise routine that contributes to the health-related fitness components.
Examples: resistance training, walking, running programs