

Personal Fitness

Tokyo International Progressive School
Common Room
Mr. Jeffrey Visser

Course Description

This course is designed to provide students with a comprehensive understanding of personal fitness, including physical, mental and emotional well-being. Through a combination of theory and practical applications, students will learn the principles of exercise, nutrition, stress management and overall healthy lifestyle habits.

Course Goals

By the end of this course, students should be able to:

- Comprehend fundamental fitness concepts and components.
- Devise a personalized and well rounded fitness plan.
- Implement basic nutritional principles to complement their fitness goals.
- Apply stress management strategies for enhanced overall well-being.
- Execute safe exercise techniques to prevent injuries.

Class rules

All TIPS rules apply in this class along with the following:

- No food or drinks in class (water only).
- No cell phones or electronic devices of any kind.
- Students must be properly dressed for personal fitness class BEFORE class begins and are NOT allowed to wear these clothes after school.

The grading for this course will be:

Participation (6P's) 100%

A+	98-100
A	93-97
B+	90-92
B	85-89
C+	82-84
C	77-81
D+	74-76
D	70-73
F	69 or below

Class grade example

To receive full marks, the student must be functional and prepared at the beginning of class, participate in all activities with a positive attitude, follow the rules, complete their assignments on time, develop and consistently follow through with their fitness and nutrition plan.