

## 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.