



Personal Fitness

*HPE Elective
Grades 10-12*

*It's all about
YOU!!!*



*Students may take the course
for up to 2 years or 2 credits.*



Personal Fitness offers:

- *Interval training*
- *Circuit training*
- *Strength training*
- *Resistance training*
- *Core training*
- *Sports specific*
- *Conditioning*

Personal Fitness introduces:

- *Aerobics*
- *Step Aerobics*
- *Plyometrics*
- *Lifetime fitness*
- *Healthy eating*
- *Fitness testing*

*Personal Fitness
Fun & Games*

A great and fun way to work out is through game and sport related skills such as:

- *Team building activities*
- *Fitness oriented sports (team & individual)*

Personal Fitness focuses on fitness components:

- *Cardiorespiratory endurance*
- *Muscular endurance*
- *Flexibility*
- *Body composition*
- *Muscular strength*

Personal Fitness:

Allows you to set your goals and design your personalized fitness program monitored by your teacher.



Join our Health Club here at Hayfield!!!