

# Personal Fitness

Personal Fitness places emphasis on why exercise and fitness are important, what one's own fitness needs are, and how to attain and maintain personal fitness for a lifetime. Additional emphasis is placed on the five health-related components of fitness including cardiorespiratory fitness, muscular strength and endurance, flexibility, and body composition control. Individual student fitness levels are assessed. Instruction includes emphasis on health risk factors related to lifestyles and how nutrition affects wellness. The course may include classroom instruction as well as individual and team activity. This course may be taken more than once for credit.

**Credits** 1

**Grades**

11, 12

**Schools**

Brentsville District High School

Forest Park High School

Freedom High School

Gainesville High School

Gar-Field High School

Osborn Park High School

Patriot High School

Unity Reed High School

Woodbridge High School

**Prerequisites**

[Health and Physical Education 1](#)