



Enhancing Secondary Physical & Health Education

Fitness education strategies that engage
students and elevate your program



Haudenosaunee



Anishinabeg



VANCOUVER ISLAND
UNIVERSITY

Guy Le Masurier, PhD
guy.lemasurier@viu.ca



Enhancing Secondary Physical & Health Education

Fitness education strategies that engage
students and elevate your program

Fitness Education is NOT...

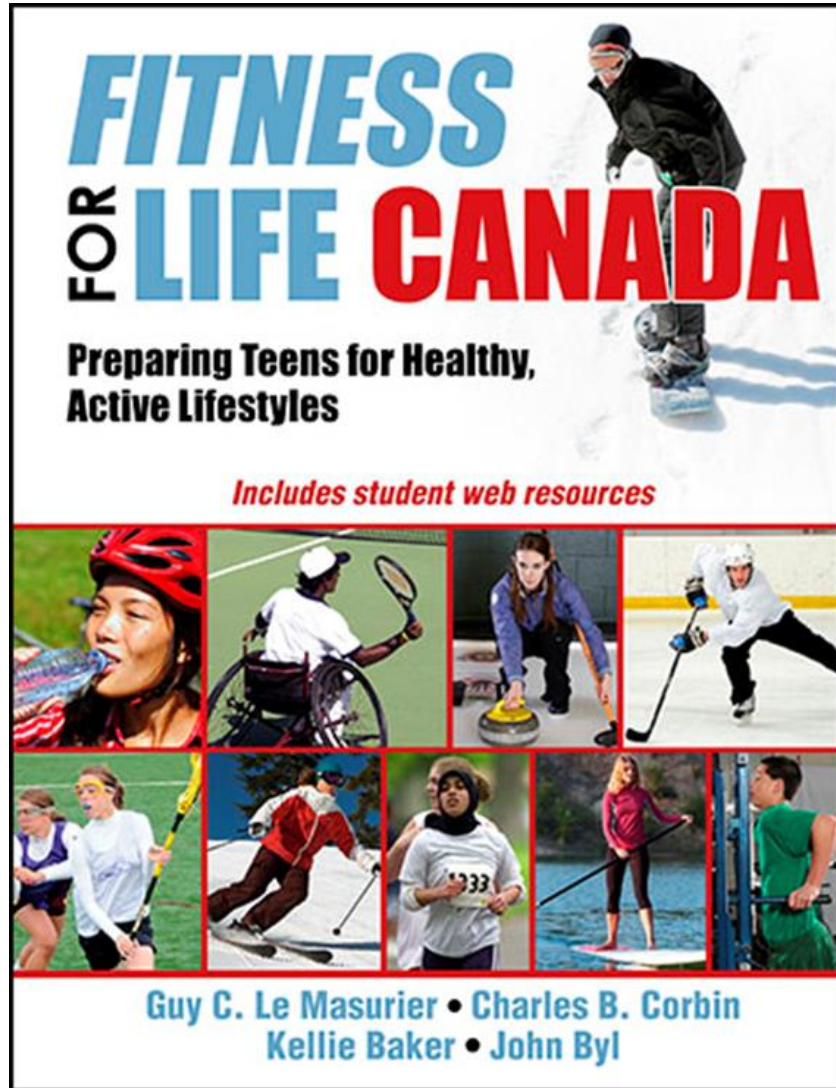
Getting kids fit

Fitness testing students for grades

Mentioning the health benefits of activities

A class running program

FITNESS
FOR LIFE CANADA



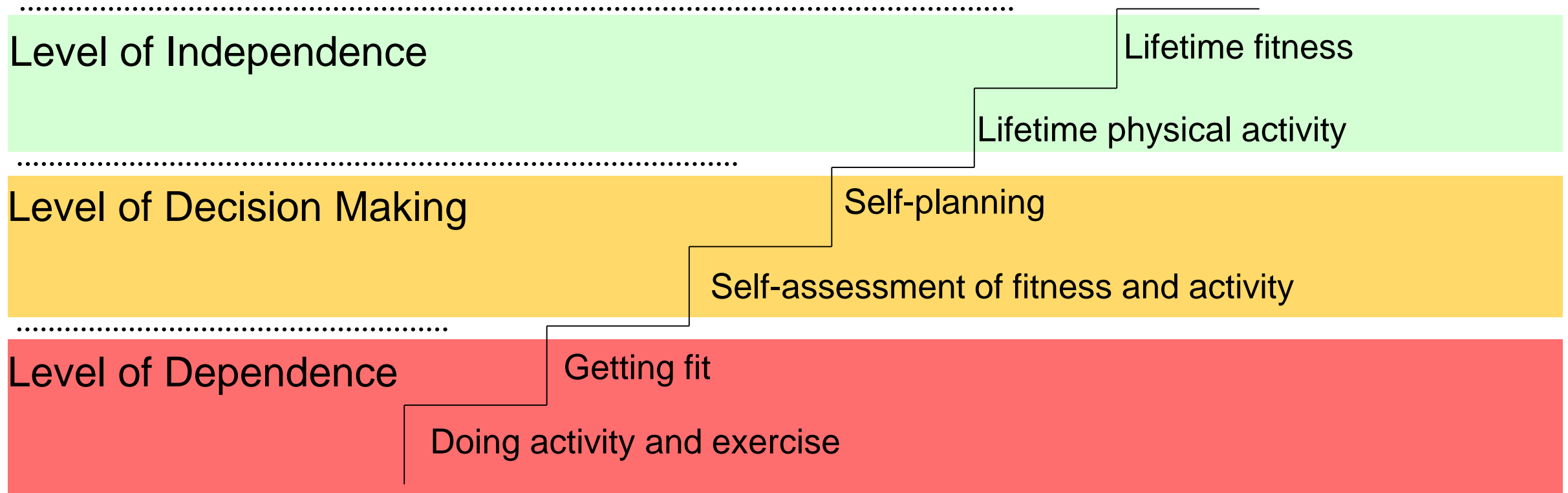
One **essential component** of a quality physical and health education program with **unique objectives**

Fitness Education is ...

A curricular model designed to promote lifelong PA and health

FITNESS
FOR LIFE CANADA

Stairway to Lifetime Fitness



Fitness Education is ...

A curricular model designed to promote lifelong PA and health
Focused on health-related fitness concepts

FITNESS
FOR LIFE CANADA

UNIT I Foundations for Healthy, Active Living

Fitness, Health and Physical Literacy

Adopting Healthy Lifestyle and Self-Management Skills

Setting Goals and Planning Personal Programs

UNIT II Preparing for Lifelong Activity and Health

Engaging in Safe Smart Physical Activity

Supporting Physical Activity and Healthy Eating

How Much Physical Activity and Fitness is Enough?

UNIT III **Being Active and Building Fitness**

Participating in Moderate-Intensity Physical Activity
Developing Cardiorespiratory Endurance
Engaging in Vigorous-Intensity Physical Activity

UNIT IV **Building Muscle Fitness and Flexibility**

Building Muscle Fitness: The Basics
Muscle Fitness Applications
Developing Flexibility

UNIT V **Making Healthy Food and Fitness Choices**

Maintaining a Healthy Body Composition
Choosing Nutritious Food
Making Good Consumer Choices

UNIT VI **Creating Positive and Healthy Experiences**

Choosing Healthy Lifestyles
Managing Stress
Lifelong Leadership and Physical Activity

UNIT VII Making Lifestyle Choices

Alcohol, Drugs and Tobacco

Reproductive and Sexual Wellness

Healthy Relationships

Lesson 21.2

Building and Supporting Healthy Relationships

Lesson Objectives

After participating in this lesson, you should be able to

1. describe the three main qualities that most people value in their friendships,
2. explain how peer pressure can be both positive and negative,
3. describe the four roles that people may play in a bullying situation, and
4. list at least four healthy dating expectations that you have for yourself.



Lesson Vocabulary

assertive behaviour, bullying, casual friendship, close friendship, cyberbullying, date rape, dating violence, harassment, manipulation, online dating, peer pressure, platonic friendship, refusal skills, sexual coercion

Fitness Education is ...

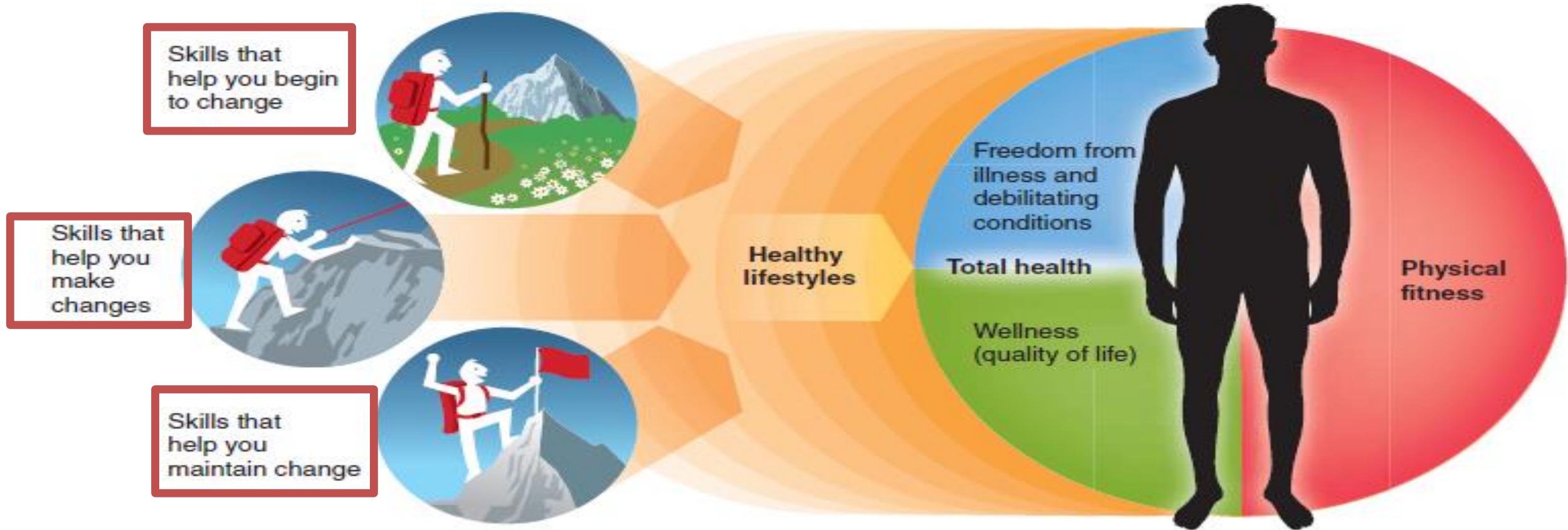
A curricular model designed to promote lifelong PA and health

Focused on health-related fitness concepts

Designed to teach self-management skills

FITNESS
FOR LIFE CANADA

Self-Management Skills



Le Masurier, Corbin, Baker & Byl, 2017

Self-Management Skills...

Learning to Self-Assess

Building Knowledge and Understanding

Setting Goals

Reducing Risk Factors

Social Support for Physical Activity and Healthy Eating

Learning to Self-Monitor

Time Management

Building Self-Confidence

Choosing Good Activities

Overcoming Barriers

Self-Management Skills

Preventing Relapse

Building Positive Attitudes

Improving Physical Self-Perception

Saying 'No'

Critical Thinking

Positive Self-Talk

Managing Competitive Stress

Conflict Resolution

Strong Refusal Skills

Improving Social Self-Perception

Reduce Risk of Dating Coercion and Violence

Higher-order physical literacy skills are critical skills
people need to maintain active, healthy lifestyles

Fitness Education is ...

A curricular model designed to promote lifelong PA and health

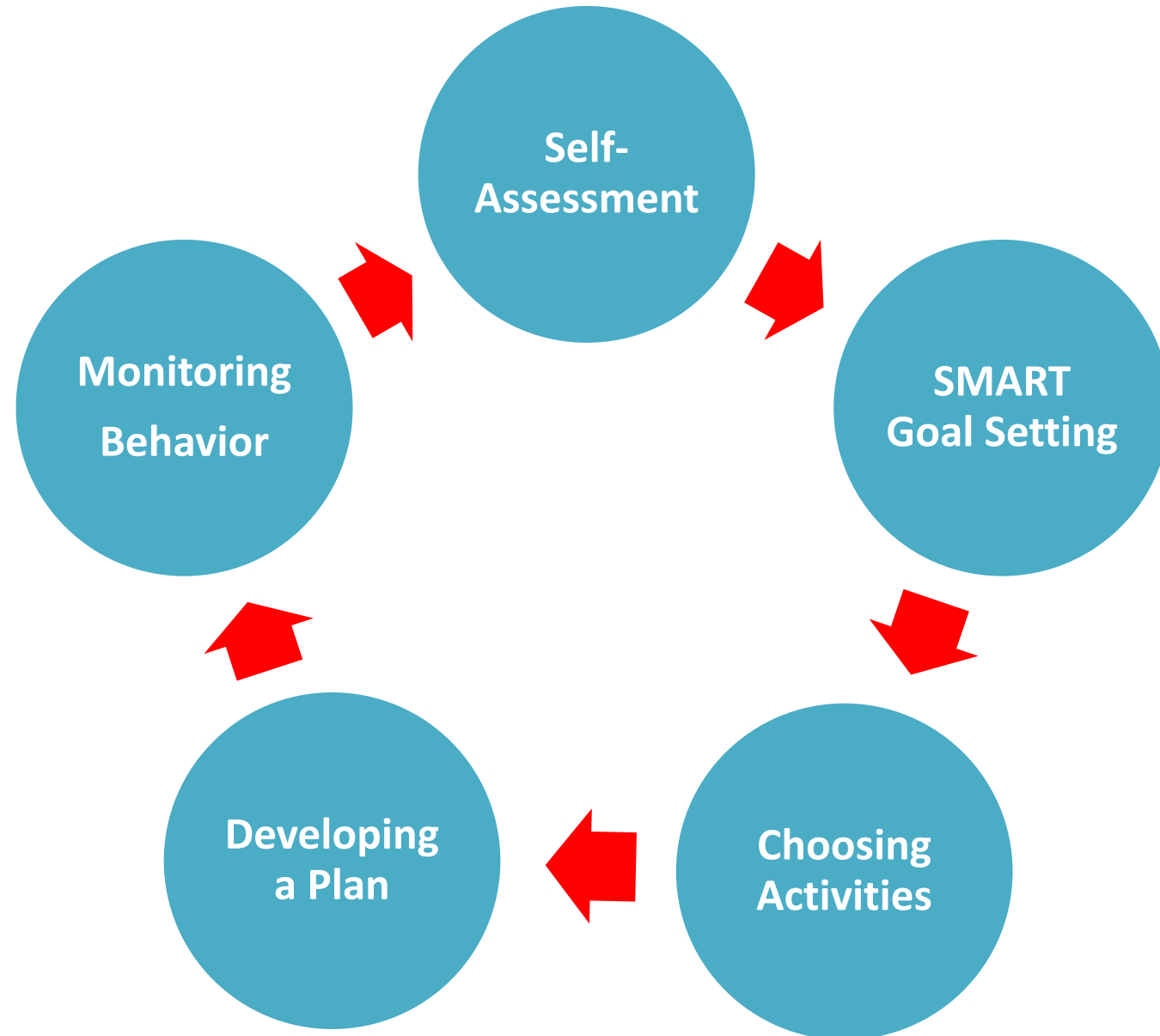
Focused on health-related fitness concepts

Designed to teach self-management skills

Designed to engage students in personal planning process

FITNESS
FOR LIFE CANADA

Personal Program Planning

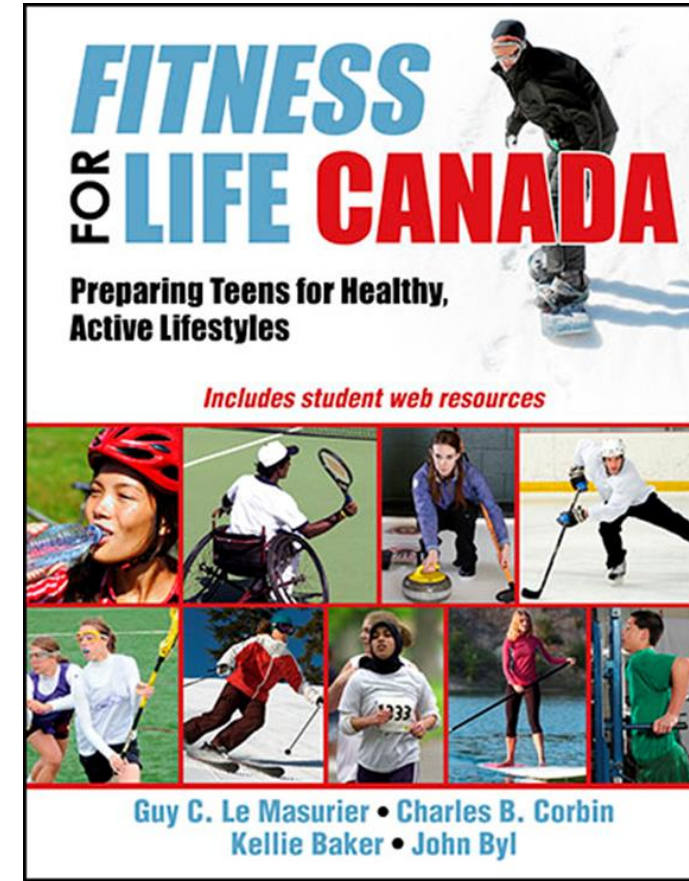


Delivering Fitness Education

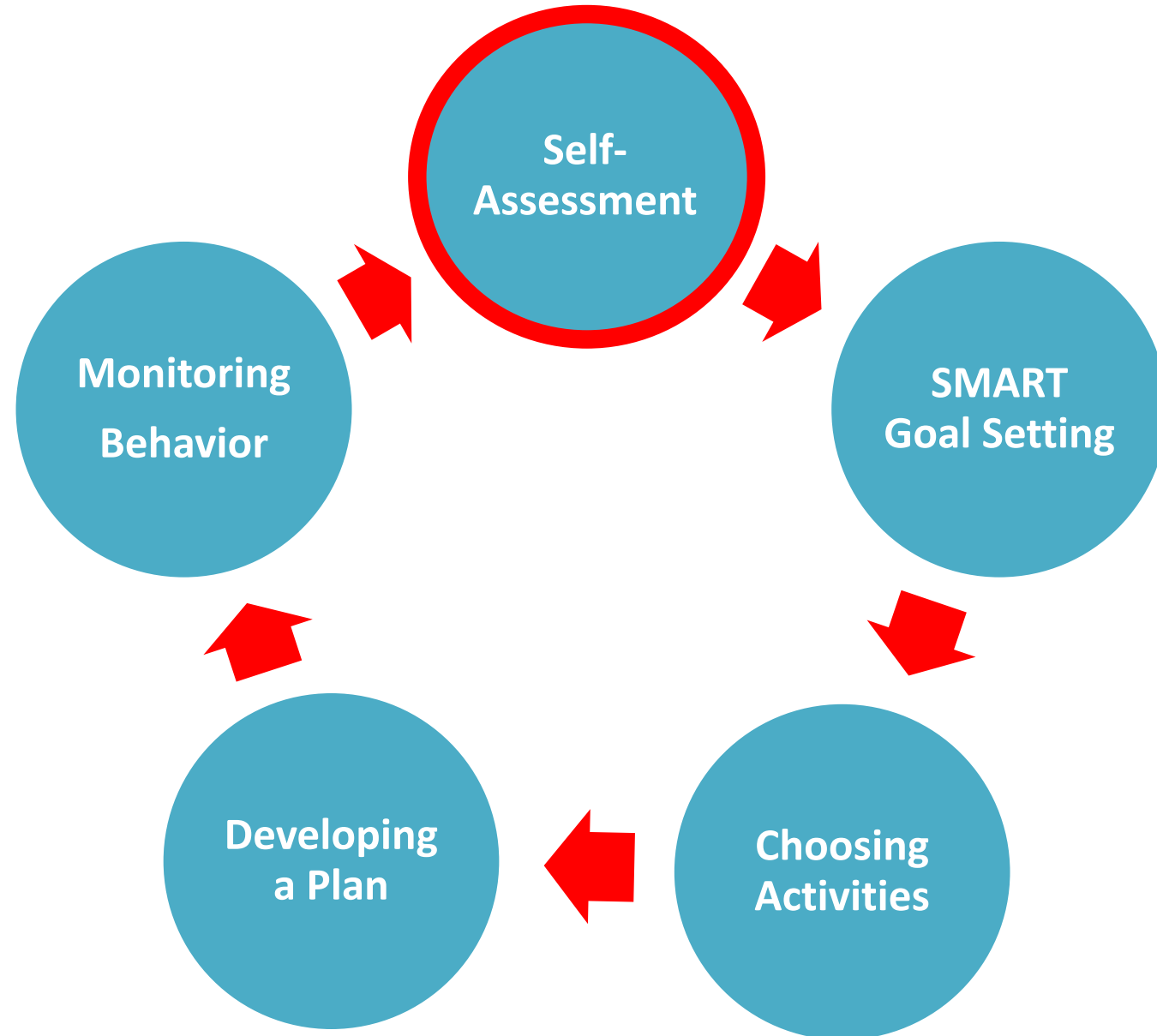
Courses

Stand-alone units

Integrated with existing units



Personal Program Planning



Self-Assessments...

Physical Fitness Challenges

Practicing Physical Fitness Tests

Muscle Fitness

Body Composition and Flexibility

Social Support

20m Shuttle and Trunk Lift

Walking Test

Step Test and One Mile Run

Jogging Techniques

Muscle Fitness

Self-Assessments

Healthy Back Test and Assessing Posture

Arm, Leg and Trunk Flexibility

Body Measurements

Energy Balance

Your Personal Fitness Battery

Healthy Lifestyles Questionnaire

Signs of Stress

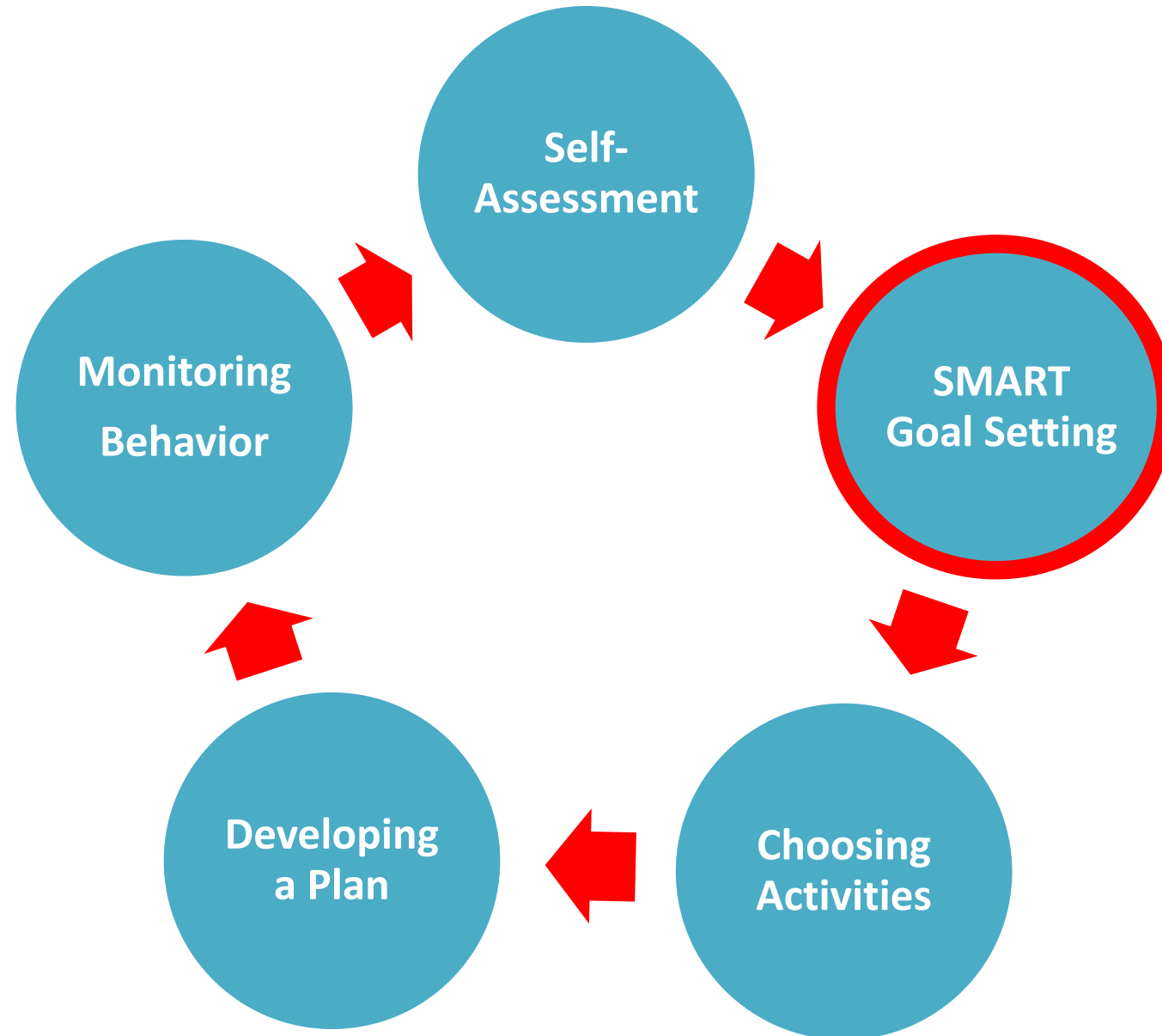
Leadership Skills

Alcohol Knowledge

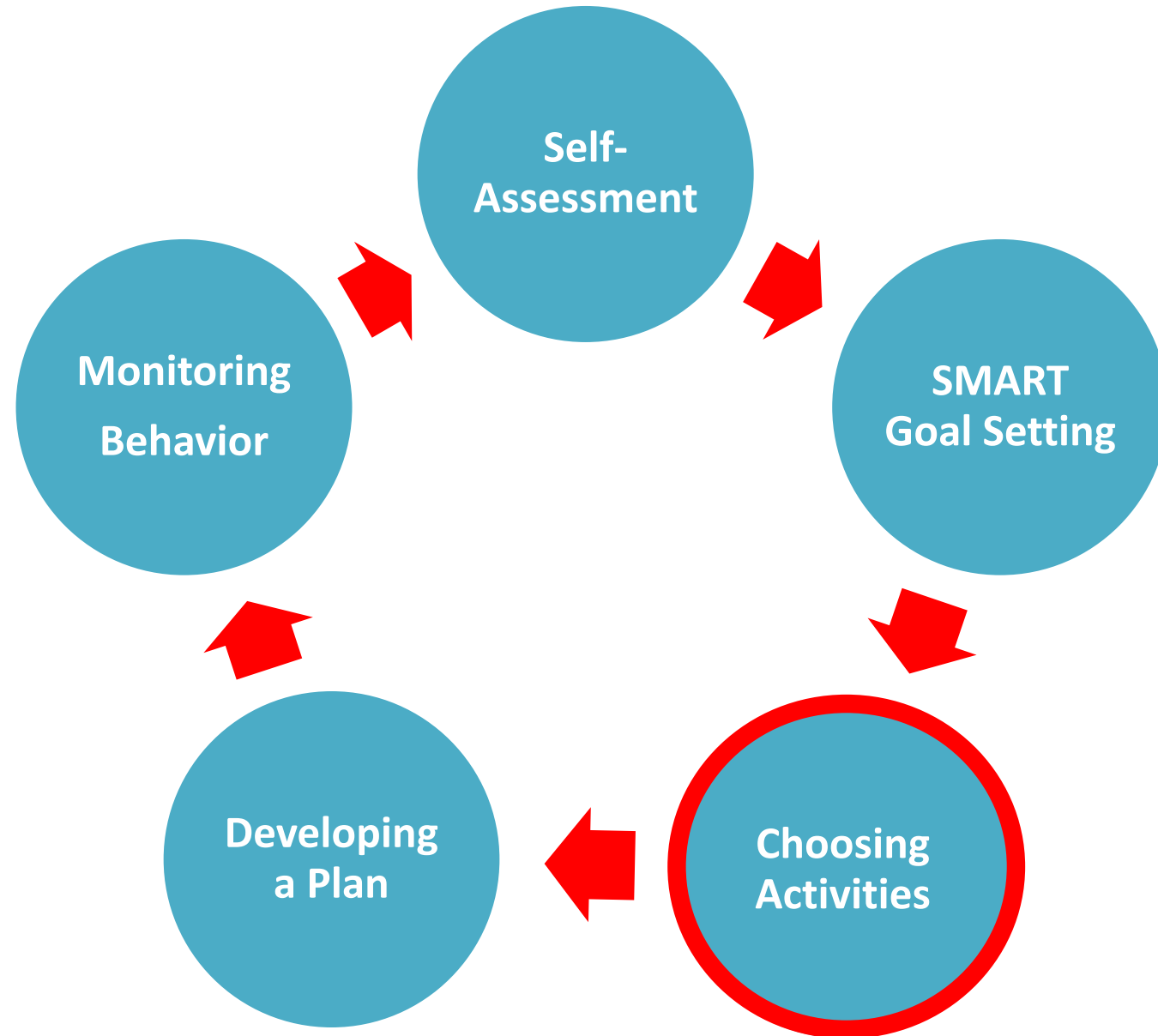
Sexuality Survey

Rate Your Relationships

Personal Program Planning



Personal Program Planning



Get Active...



PHE Canada

Explore magazine

ParticipAction

CSEP

Right to Play

Sport for Life Society

HALO

Canada Soccer

Canada Basketball

canfitpro

Get Active



Hockey Canada
Canada Snowboard
Swimming Canada

Dietitians of Canada

YMCA Canada

Canadian Parks and Recreation Association

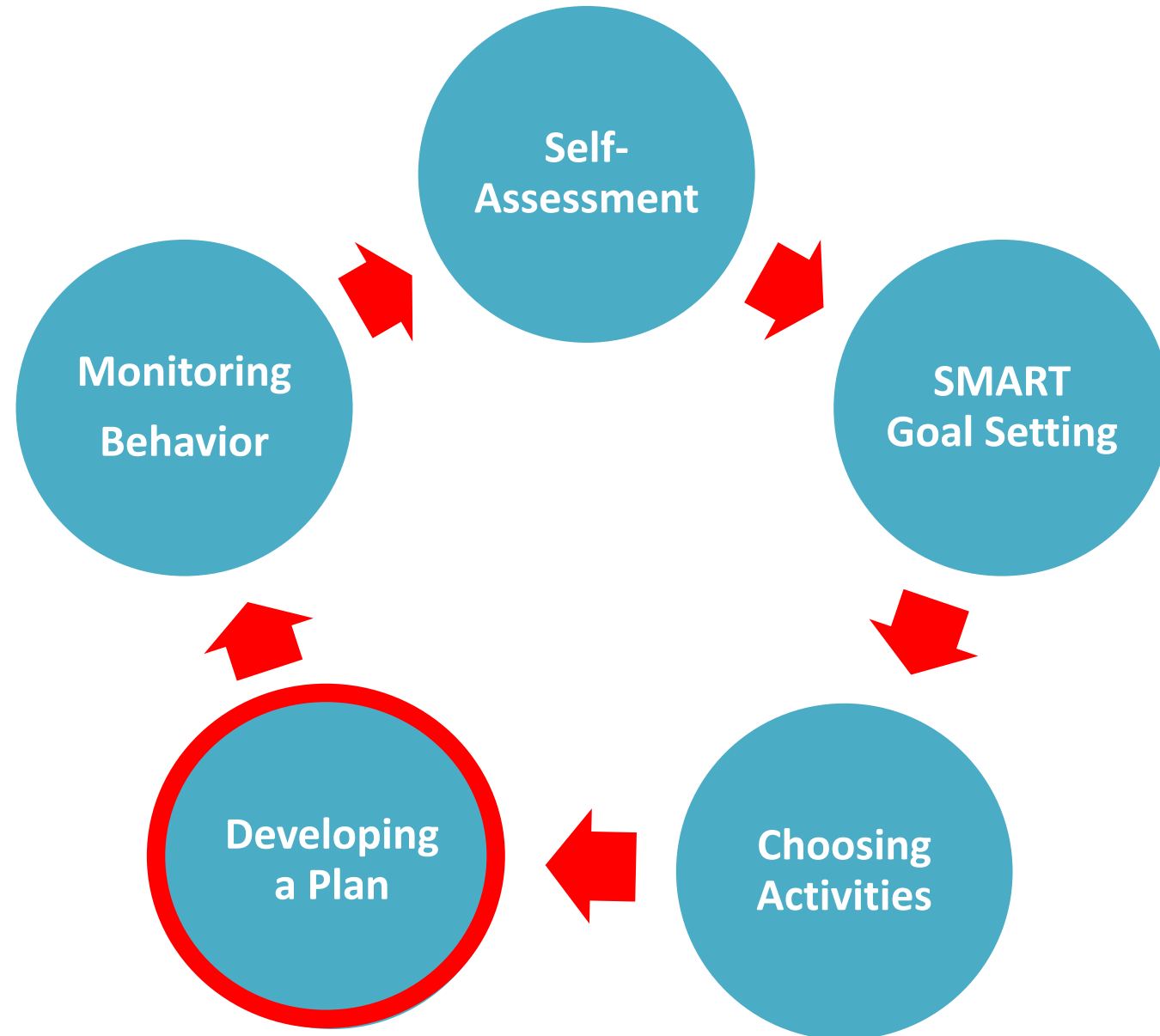
Canadian Yoga Alliance
Coaching Association of Canada
MADD Canada

SexandU

WAVAW Rape Crisis Centre



Personal Program Planning



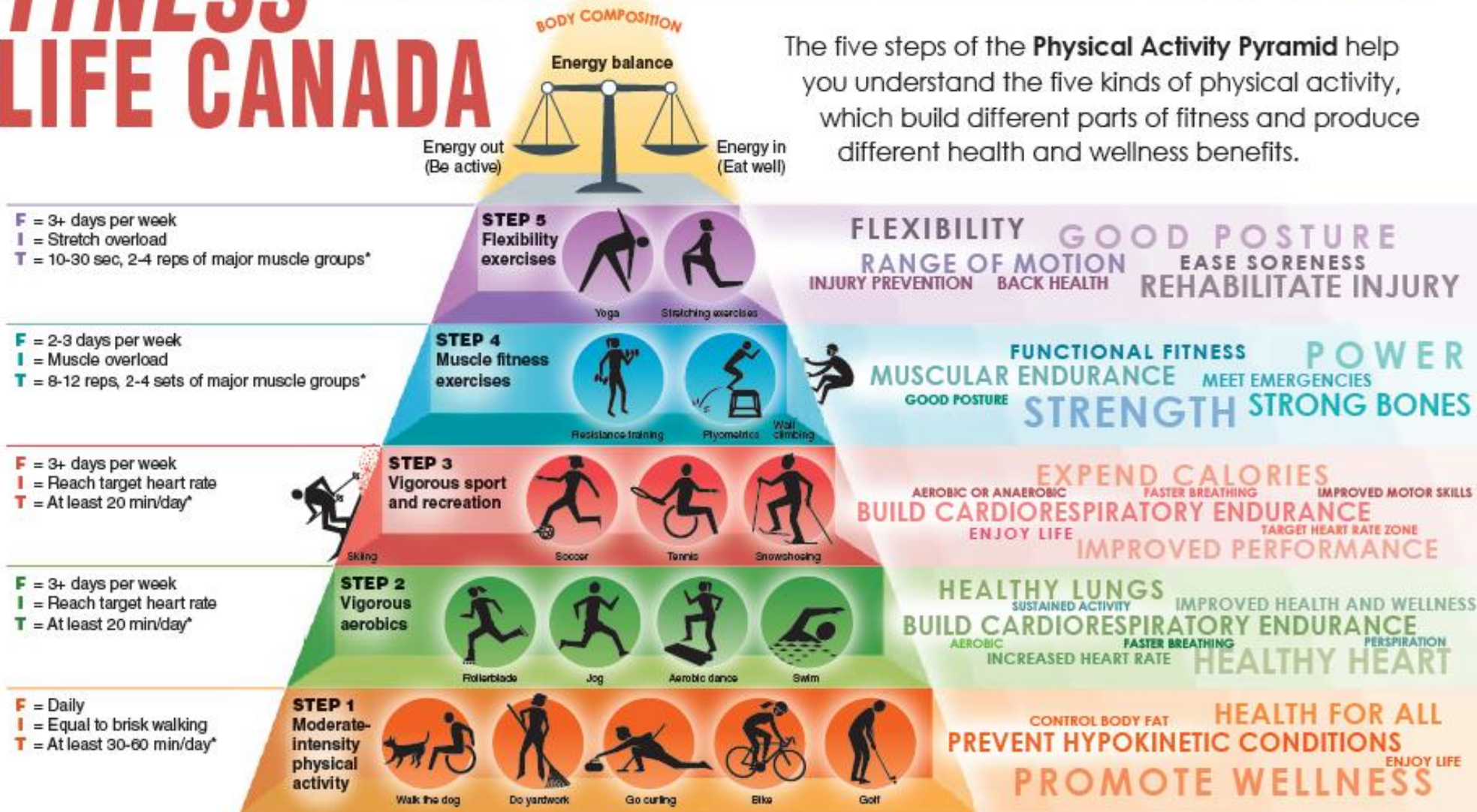
*"Physical literacy is the motivation, confidence, physical competence, **knowledge and understanding** to value and take responsibility for engagement in physical activities for life."*

Canada's Physical Literacy Consensus Definition, 2015

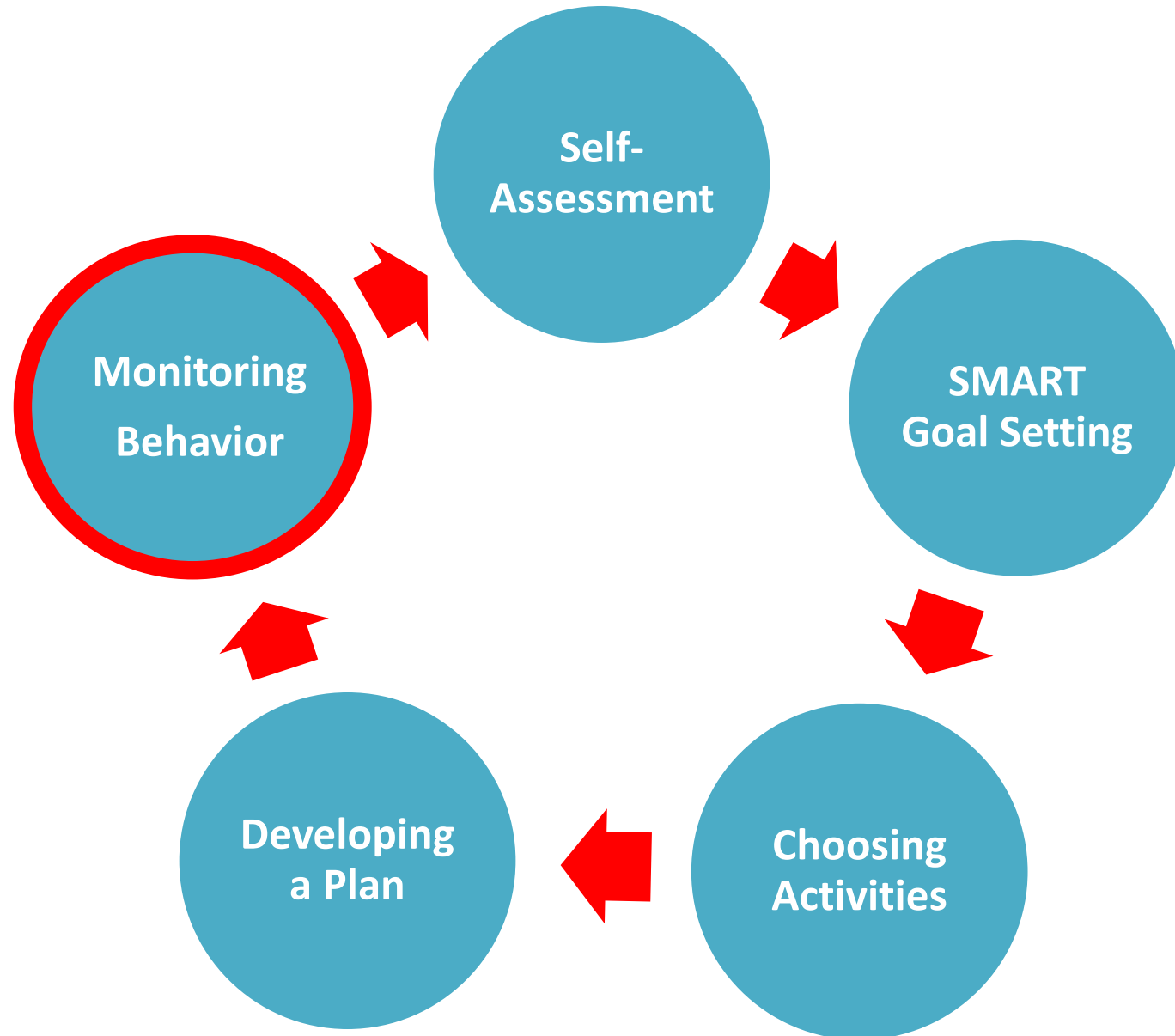
FITNESS FOR LIFE CANADA

PHYSICAL ACTIVITY PYRAMID FOR TEENS

The five steps of the **Physical Activity Pyramid** help you understand the five kinds of physical activity, which build different parts of fitness and produce different health and wellness benefits.



Personal Program Planning



Monitoring Behavior

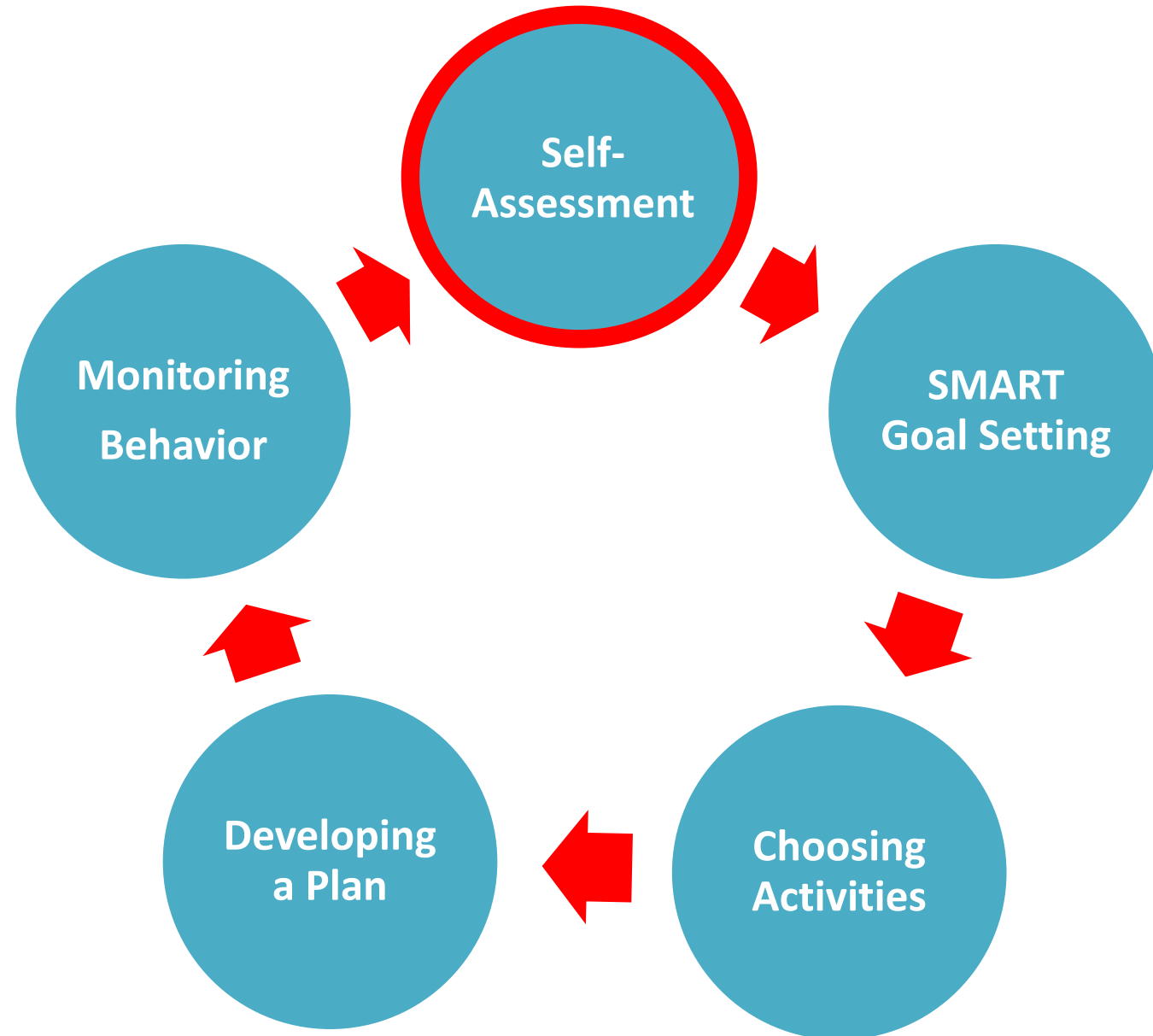


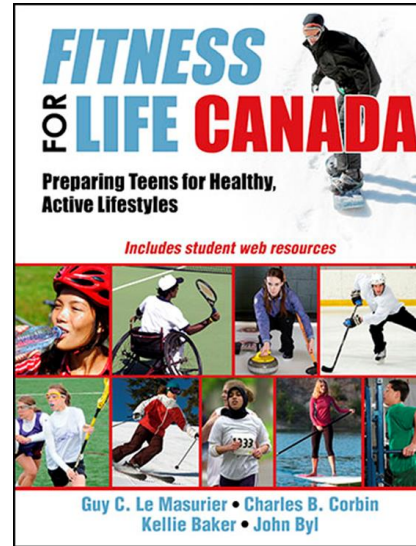
Logging activity

Blogs and Vlogs

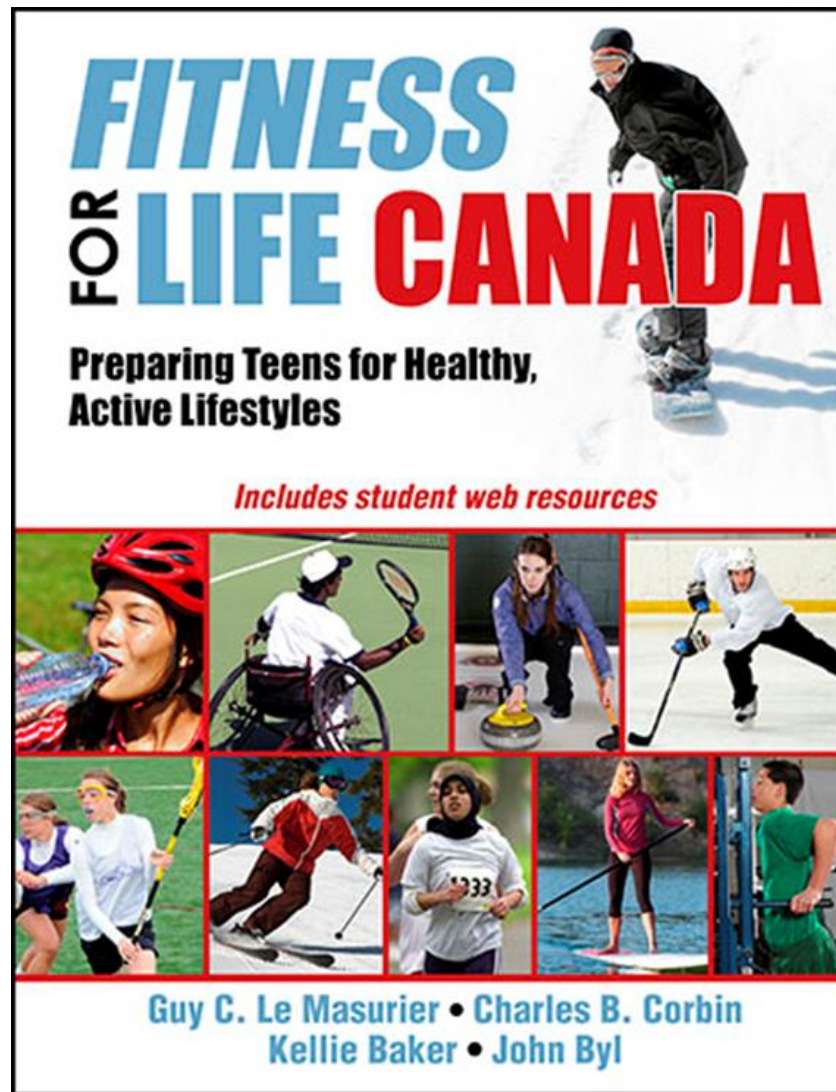
Process goals

Personal Program Planning





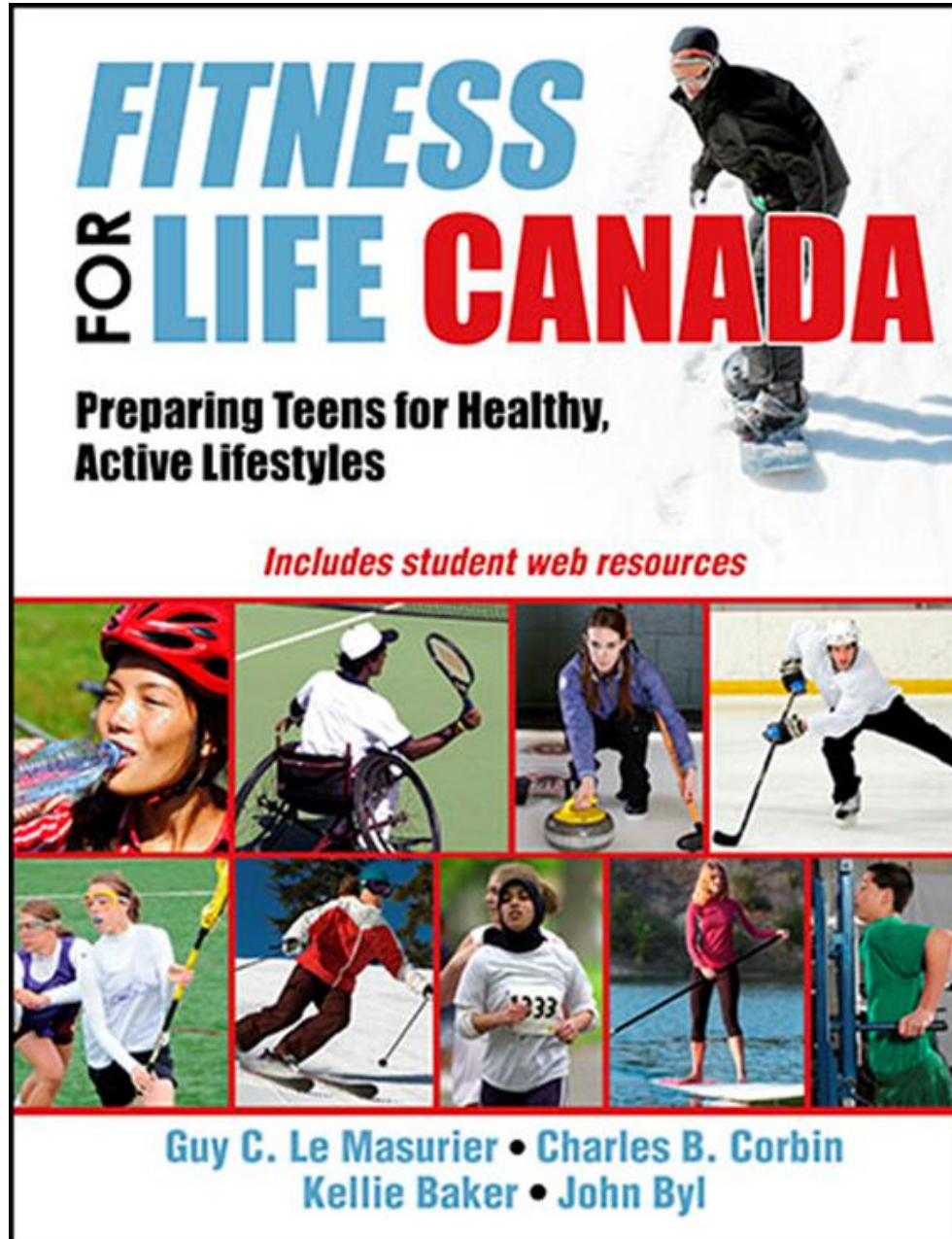
Comprehensive, evidence-based physical and health education curriculum that develops higher-order physical literacy skills among adolescents



Student Textbook

Student Web Resource

Teacher's Guide



Webinar #1

Overview the Program

Webinar #2

Textbook & Student Web Resource

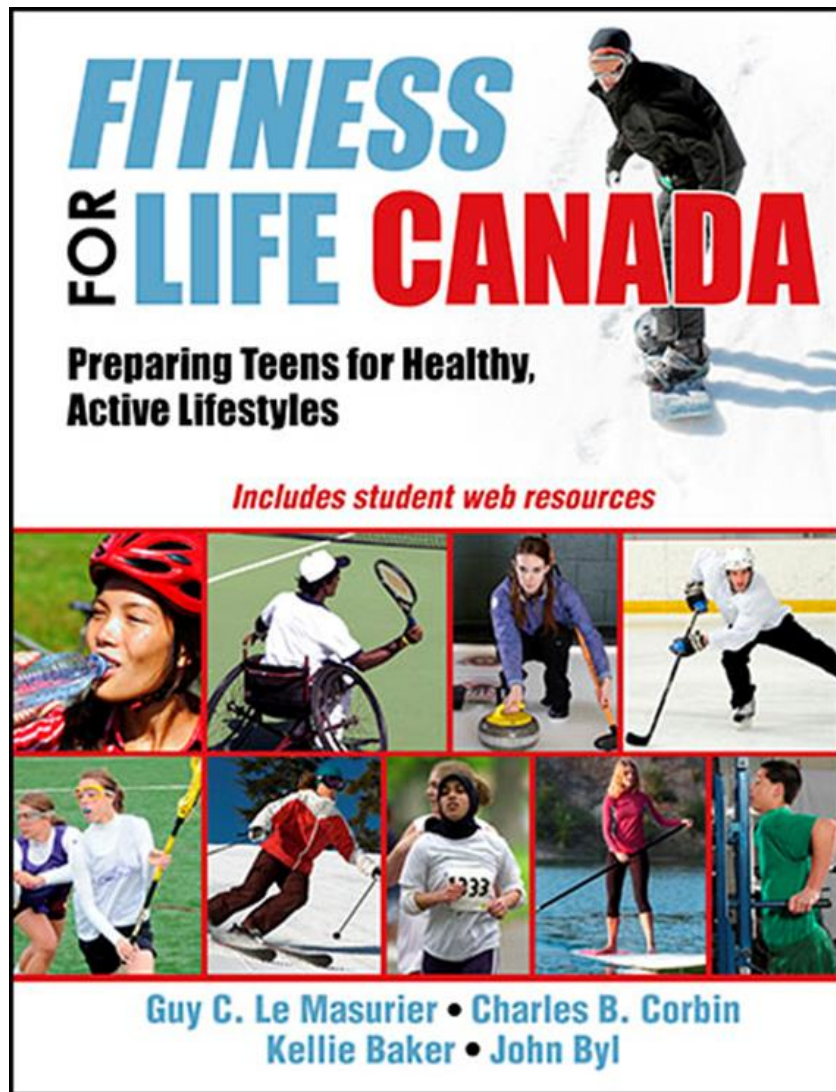
Webinar #3

Teacher's Guide

Webinar #4

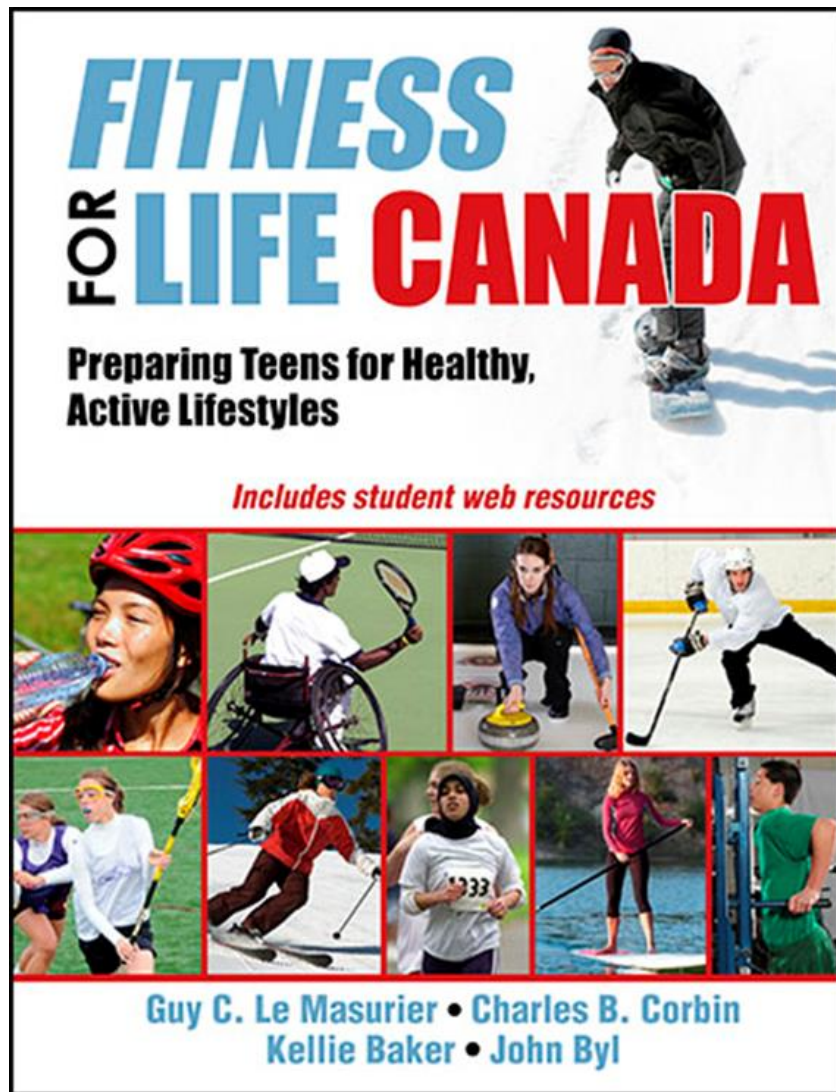
Assessment

[HumanKinetics.com/webinars](https://www.humankinetics.com/webinars)



Student Textbook
Student Web Resource
Teacher's Guide

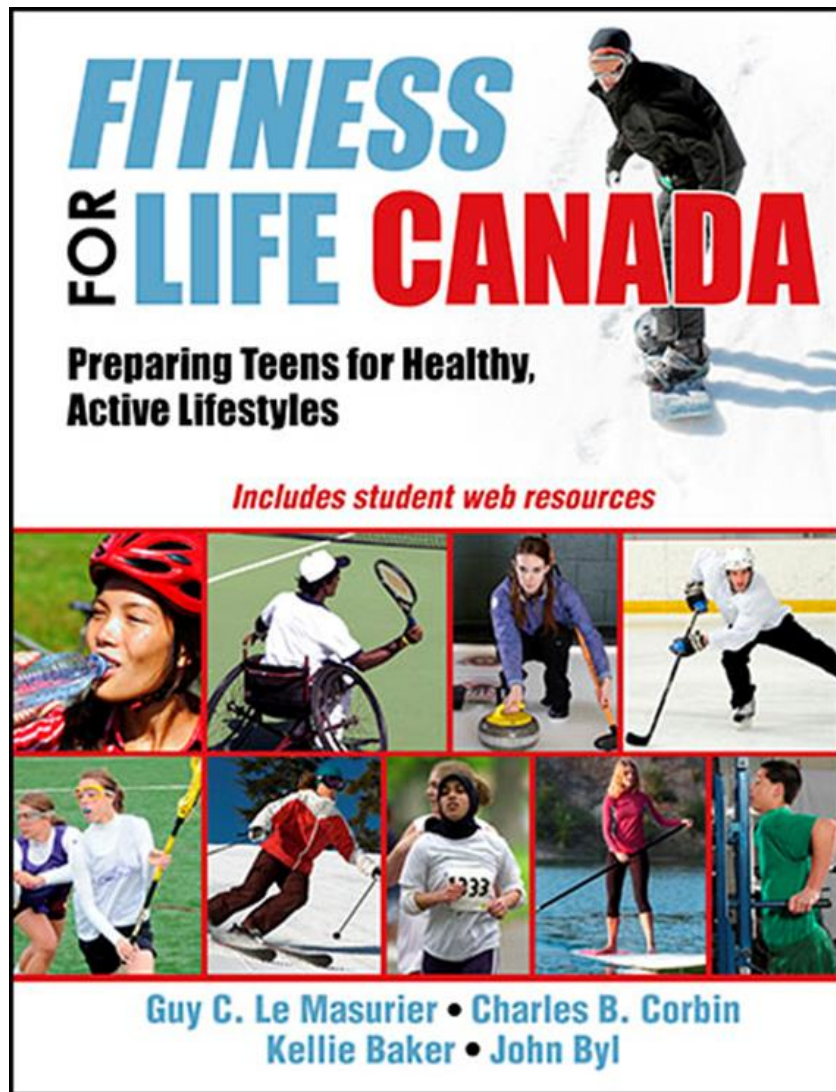




Student Textbook

Student Web Resource

Teacher's Guide



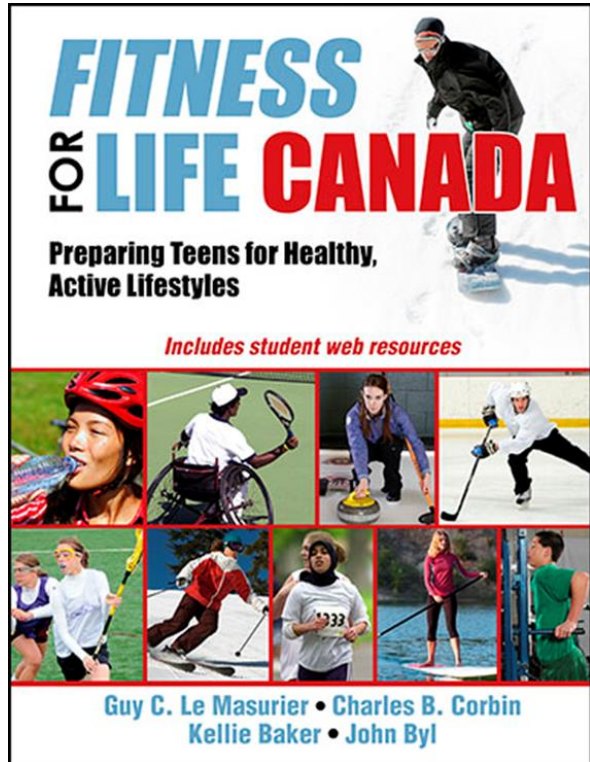
Teacher's Guide

42 Classroom Lesson Plans (2 x 21)

63 Activity Lesson Plans (3 x 21)

105 lesson plans

Classroom Lesson Plan Resources



PowerPoint slides in question and answer format

Worksheets

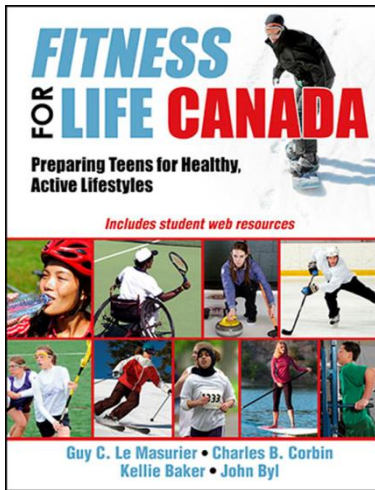
Quizzes

Chapter, Unit and Comprehensive Tests

Online Test Bank

Student Web Content

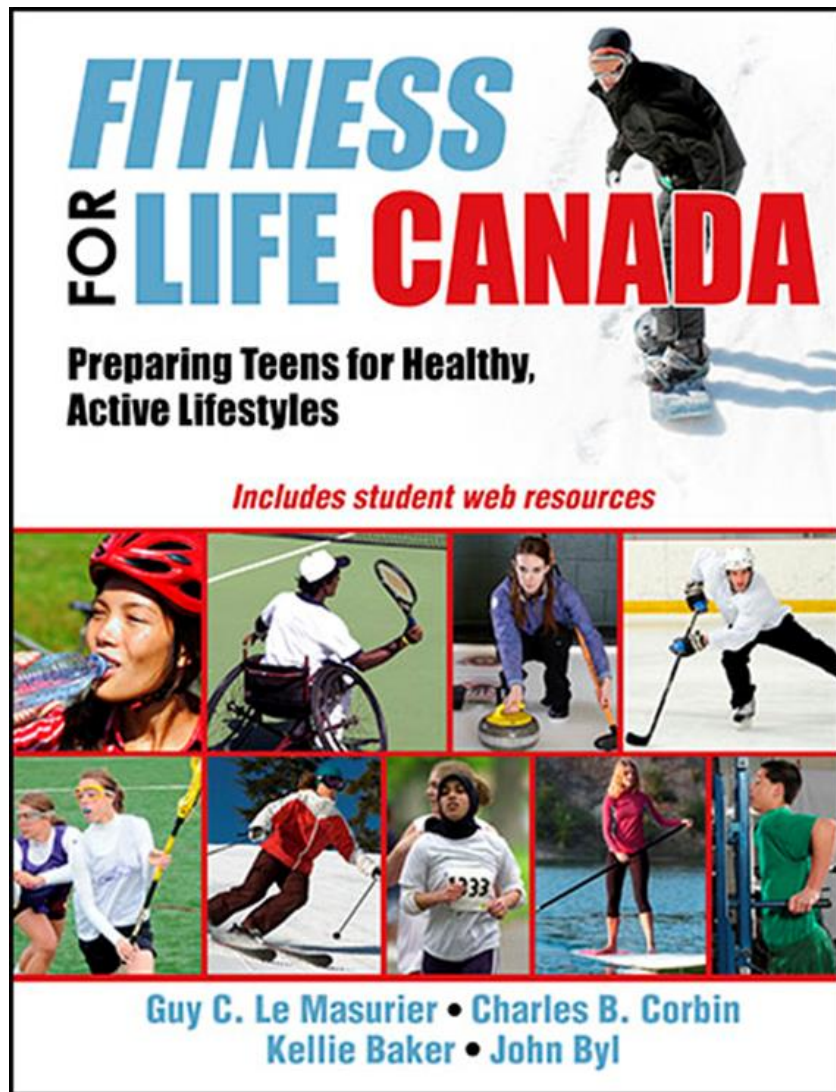
Activity Lesson Plan Resources



Dynamic warm-up cards

Activity station cards

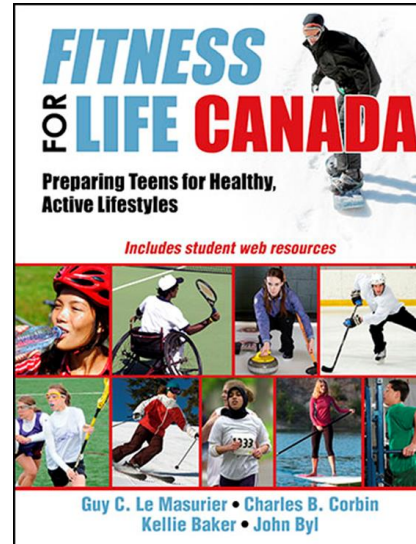
Self-assessment worksheets (portfolio)



Complete Correlations

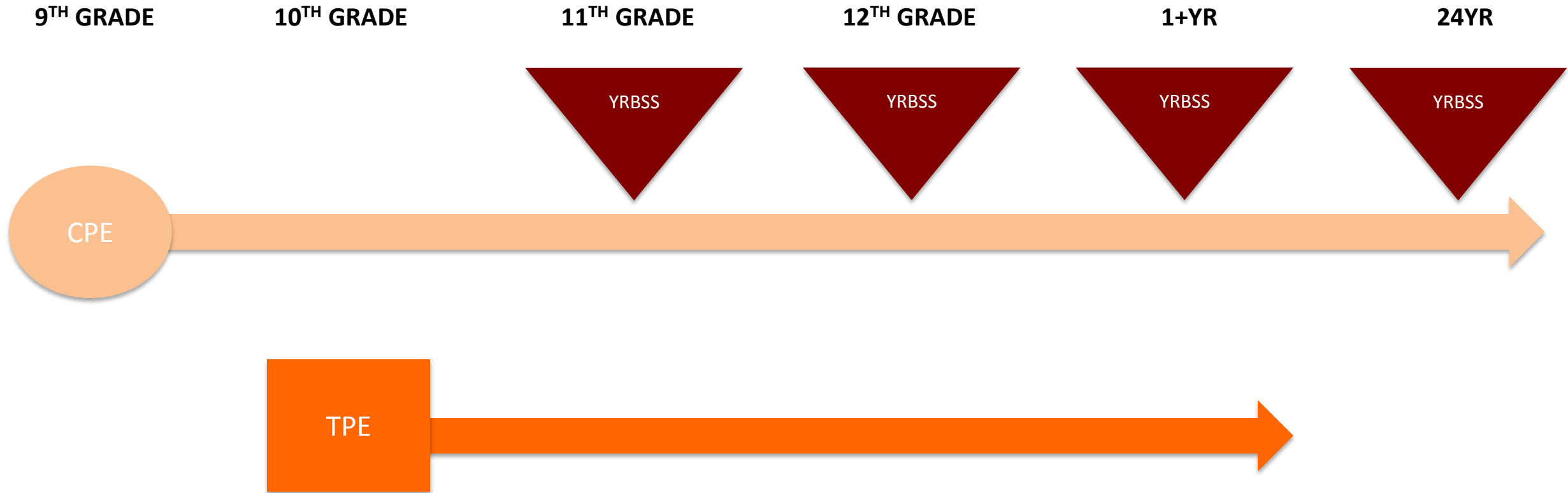
for Province and Territory Standards

Grades 8-10



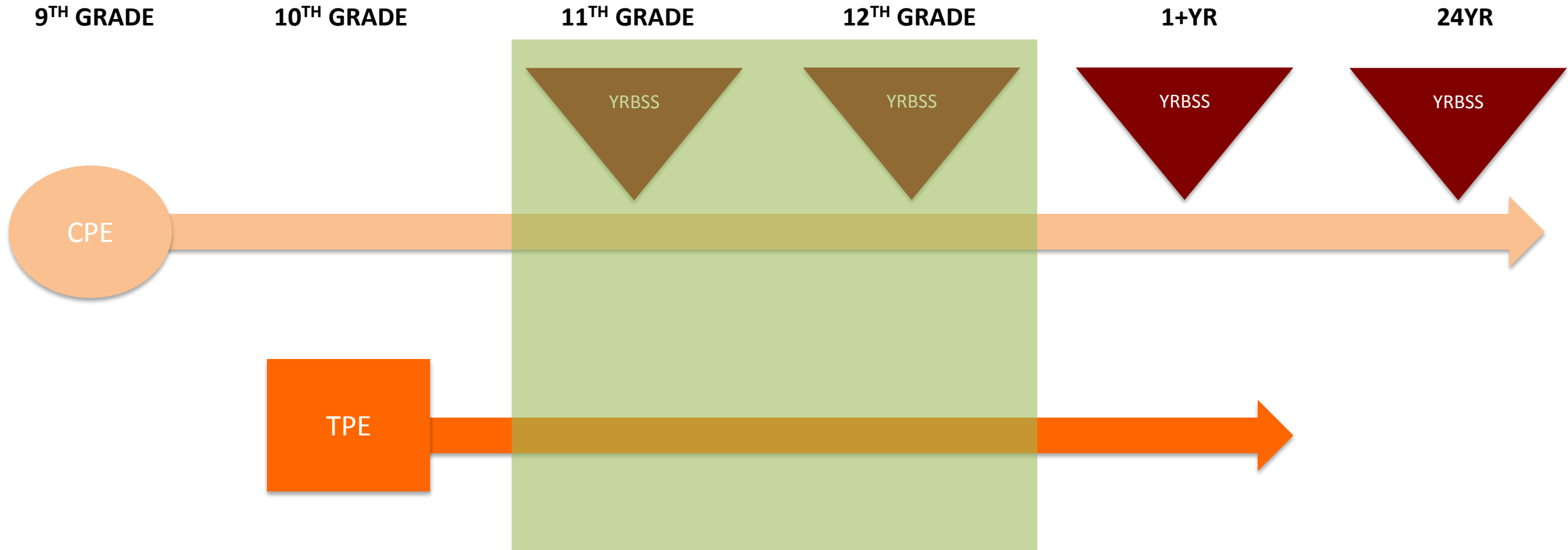
Comprehensive, **evidence-based** physical and health education curriculum that develops higher-order physical literacy skills among adolescents

Evidence for Fitness Education

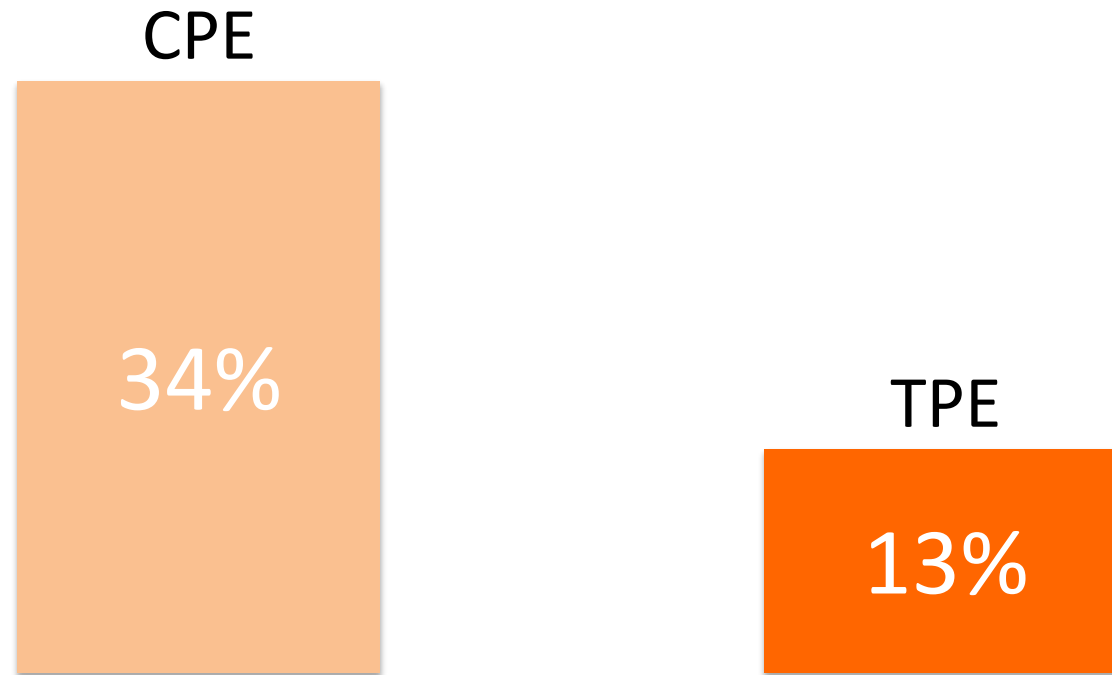


Dale, Corbin & Cuddihy, 1998, PES
Dale & Corbin, 2000, RQES
Kulinna et al., 2018, JPAH

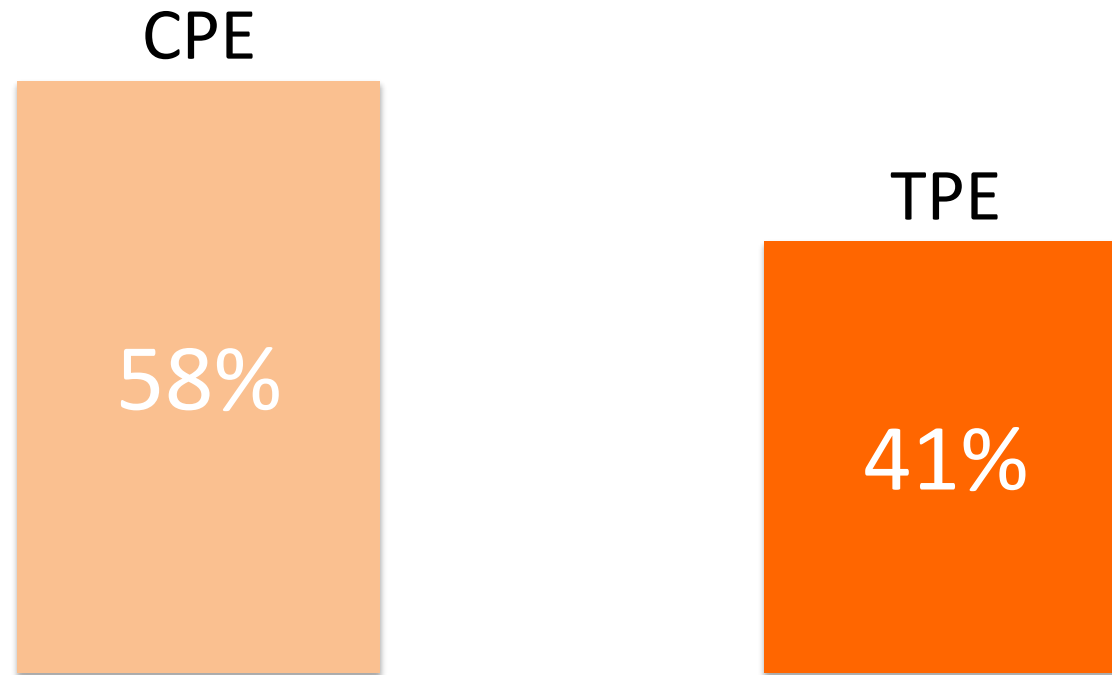
Evidence for Fitness Education



Dale, Corbin & Cuddihy, 1998, PES
Dale & Corbin, 2000, RQES
Kulinna et al., 2018, JPAH



Percentage of boys meeting moderate physical activity guidelines

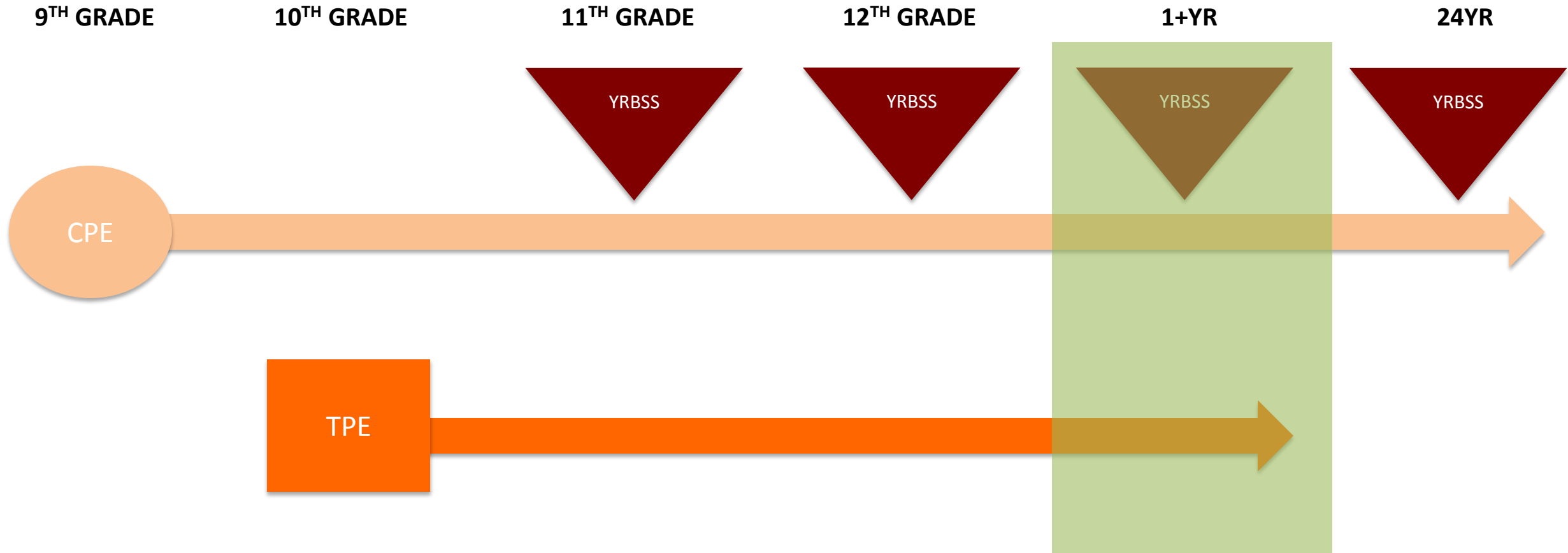


Percentage of girls engaging in muscle fitness 3x/week

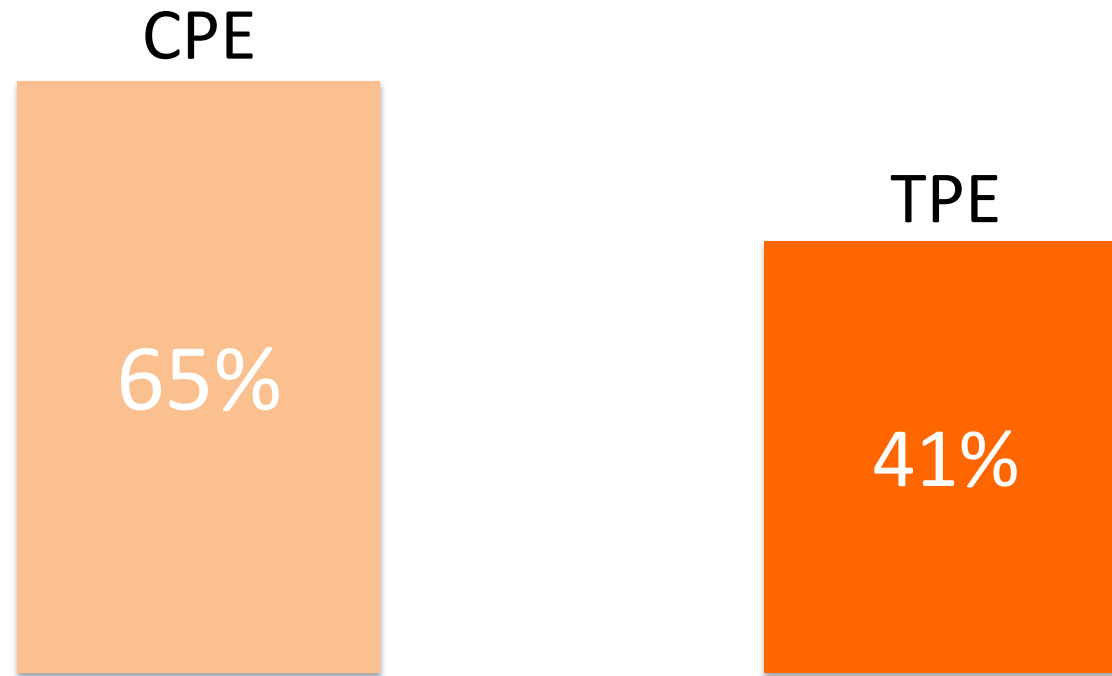


Percentage of males and females reporting sedentary behaviour

Evidence for Fitness Education



Dale, Corbin & Cuddihy, 1998, PES
Dale & Corbin, 2000, RQES
Kulinna et al., 2018, JPAH



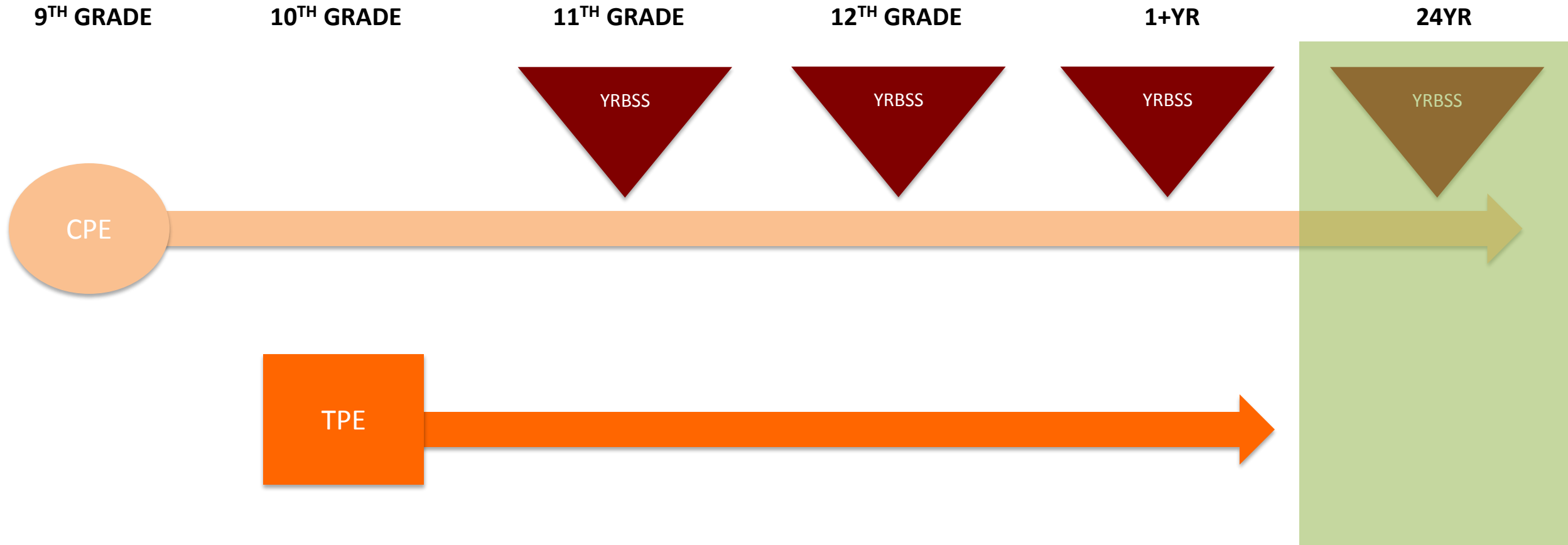
Percentage of men reporting participation in vigorous PA

Evidence for Fitness Education



Percentage of men and women reporting sedentary behaviour

Evidence for Fitness Education



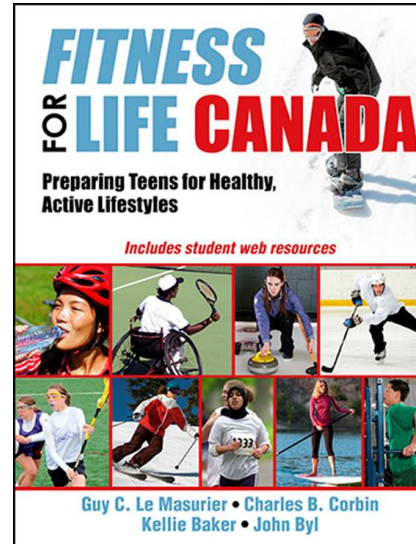
Dale, Corbin & Cuddihy, 1998, PES
Dale & Corbin, 2000, RQES
Kulinna et al., 2018, JPAH

20 years after graduation

Maintained muscle fitness activity (2.5days/wk)

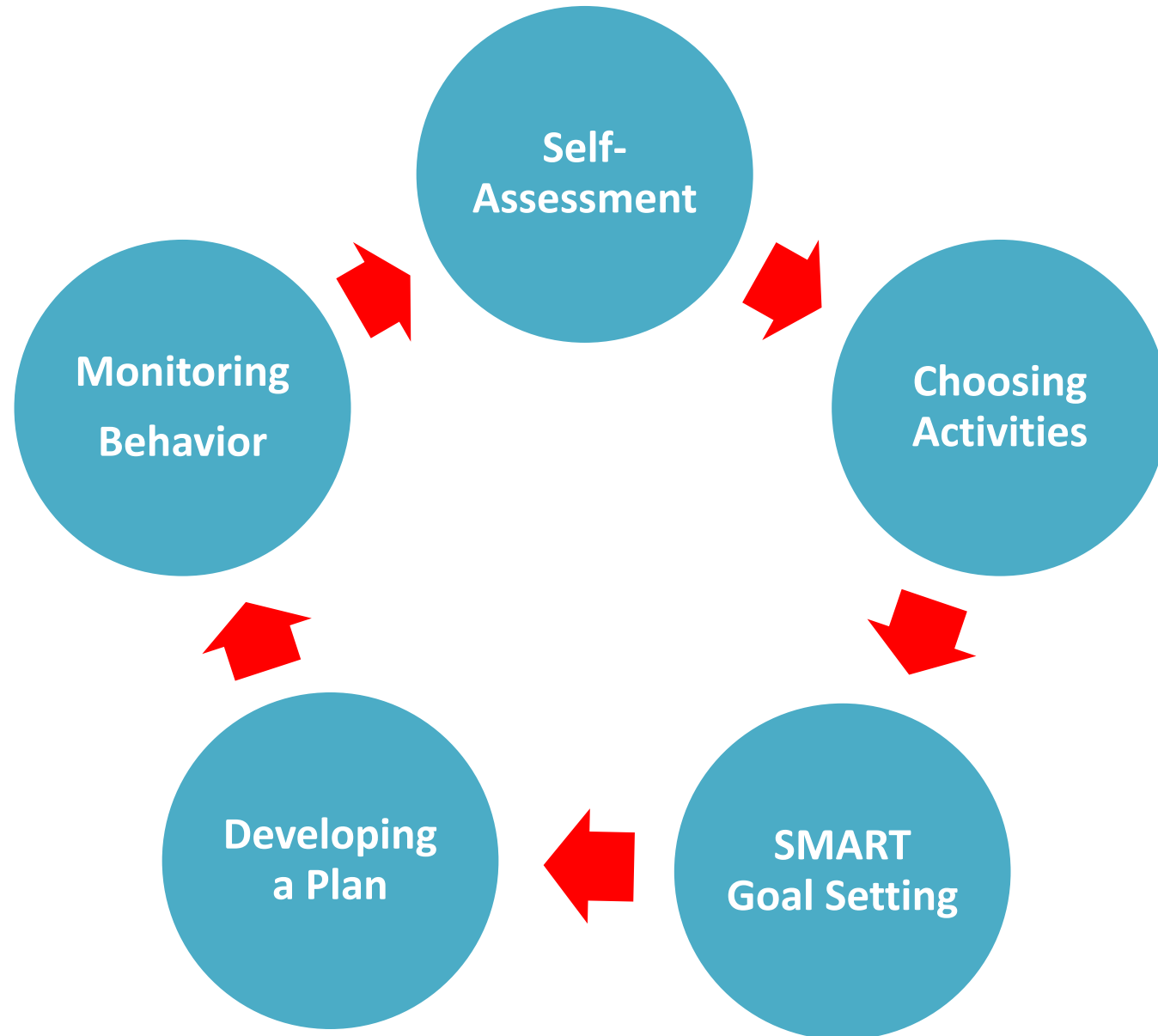
Increased moderate activity participation (4days/wk)

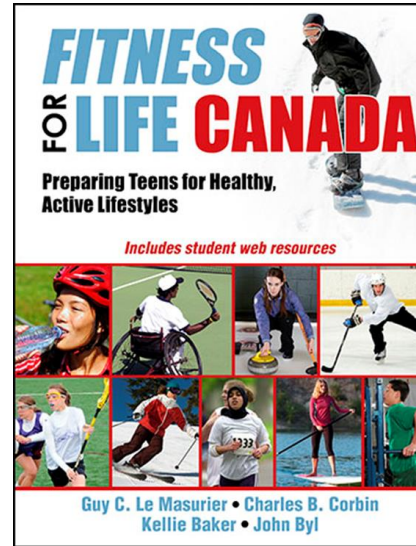
Less sedentary compared to the national average



Comprehensive, evidence-based physical and health education curriculum that develops **higher-order physical literacy** skills among adolescents

Personal Program Planning





Comprehensive, evidence-based physical and health education curriculum that develops higher-order physical literacy skills among adolescents



5 Supporting Physical Activity and Healthy Eating

94

Lesson 5.1: Factors Influencing Physical Activity and Healthy Eating

95

- Self-Assessment: Assessing Social Support

101

Lesson 5.2: Social Support for Physical Activity and Healthy Eating

105

- Taking Charge: Finding Social Support
- Self-Management: Skills for Finding Social Support
- Taking Action: Accessing Social Support
- Get Active With Right To Play

111

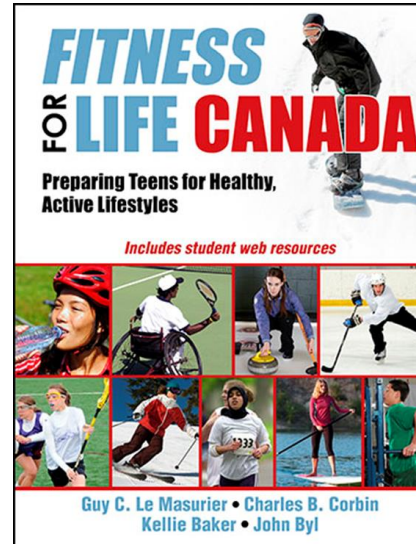
111

112

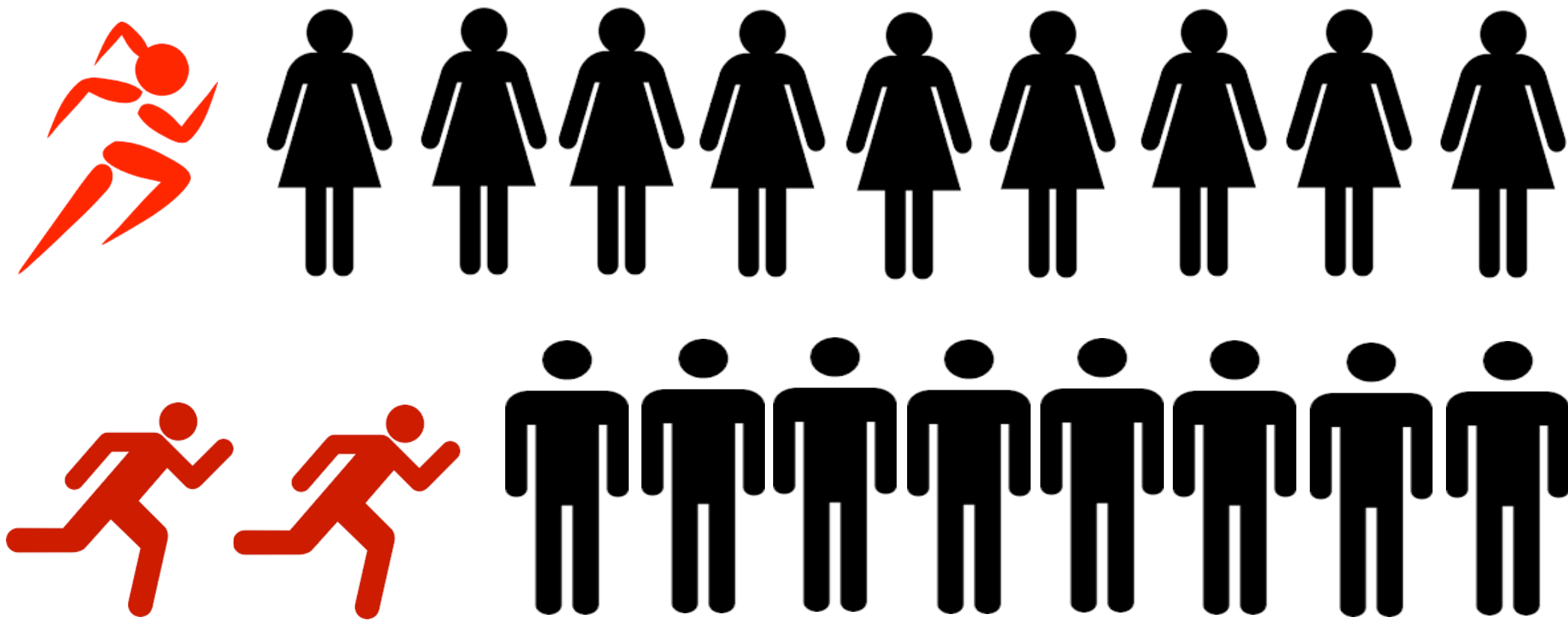
112

Chapter Review

113



Comprehensive, evidence-based fitness education curriculum for secondary physical and health education that develops higher-order physical literacy skills **among adolescents**



Percentage of students that choose to enroll in PE once it becomes an elective course after grade 10
(BC Ministry of Education, 2000)

Addresses **All Elements** of Physical Literacy

Physical Literacy is the...



MOTIVATION



CONFIDENCE



**PHYSICAL
COMPETENCE**



**KNOWLEDGE AND
UNDERSTANDING**

to value and take responsibility for engagement in physical activities for life.

Sport for Life, 2017

Promote lifelong physical activity
designed to improve
fitness, health and wellness

FITNESS
FOR LIFE CANADA



18 Lifelong Leadership and Physical Activity 414

Lesson 18.1: Leadership Skills in Physical Activity 415

- Self-Assessment: Developing Leadership Skills 422

Lesson 18.2: Active Living Opportunities 424

- Taking Charge: Conflict Resolution 430

- Self-Management: Skills for Conflict Resolution 430

- Taking Action: Team Building 431

- Get Active With Coaching Association of Canada 431

Chapter Review 432

Consumer Corner

Too Good to be True

Putting Technology Into Action

Using the Web for Fitness, Health and Wellness Information

Health and Fitness in A Bottle

Reliable Consumer Groups

Consumer Communities

Selecting Over-the-Counter Drugs