

Taking “Personal Fitness 12” takes off at Kelly Road Secondary

Contact:

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School:

Kelly Road Secondary School

Process:

Our school was concerned about students dropping physical activity from their schedules in grade 11 as it was not a required course. In talking to students, there were a fair number that were interested in staying in shape but were not interested in continuing with the traditional physical education format that was sport and game centered. To retain these students we offered a Personal Fitness 11 class that focused on nutritional, strength, and cardiovascular health, with students strength training at the school and a local gym, taking a nutritional tour and reflecting on their own eating habits, and engaging in running and various other cardiovascular activities. Students are excited about the class and the first year the course was offered 120 students signed up and we ran four classes! As a result of the popularity of the class, I have started work on offering Personal Fitness 12 and I look forward to more students staying in tip-top shape here at Kelly Road.

People Involved:

Teachers from the PE department.

Key changes or results:

Fifty additional students are choosing to make physical activity part of their senior high school timetables now.

Challenges:

Other schools had programs but we wanted to provide the students with some concrete information to counter the conflicting health messages they encounter through the media everyday. The textbook we decided upon by Christina Truscott, "Fitness Theory and Exercise Physiology," was very helpful.

Solutions/Keys to success:

The teachers, students, and administration at Kelly Road were very encouraging and supportive!

Next Steps:

Personal Fitness 12 is going to be offered in September 2009!

