

**Class Name:** Personal Fitness

**Teacher:** Trish Hillmann Akouka

**Grade Levels:** 9th - 12th

**Class Description:** We will spend most of our class in a 'fitness boot camp' style of class while learning aspects of health and fitness lifestyle.

The purpose of this course is to provide students with the knowledge, skills, and values they need to become healthy and physically active for a lifetime. This course addresses both the health and skill-related components of physical fitness which are critical for students' success.

**Supplies required:** Yoga Mat (low prices at Ross, Target, Walmart...should be under \$20)

**Recommended supplies (optional):** Heart Rate monitor with chest strap (You can buy a good one for about \$50)

\* I recommend Polar Brand [http://www.amazon.com/Polar-Heart-Rate-Monitor-Black/dp/B003HT88JQ/ref=sr\\_1\\_7?s=sporting-goods&ie=UTF8&qid=1426626640&sr=1-7&keywords=%22heart+rate+monitor%22](http://www.amazon.com/Polar-Heart-Rate-Monitor-Black/dp/B003HT88JQ/ref=sr_1_7?s=sporting-goods&ie=UTF8&qid=1426626640&sr=1-7&keywords=%22heart+rate+monitor%22)

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**Weekly class cost:** \$8.00

**Material/Supply Fee:** \$15.00

**\*\*Appropriate Clothing During Exercise Class\*\***

-Students may wear basketball styled/length shorts. Shorts must extend **beyond** the fingertips.

-Students may wear unaltered (not cut) T-shirts or dry-wicking exercise tops. Tops must include an unaltered (not cut) round neck and short sleeves.

Tops must be long enough to tuck into bottoms and cleavage should be modestly covered. Tops must completely cover undergarments, including straps.

-Exercise clothing may be worn, **only** during an exercise class.

**FLDOE course code:**1501300

**Maximum # of students:** 12

**Minimum # of Students:** 5

**Teacher Contact:** Trish Hillmann Akouka  
Email: **akouka5@earthlink.net**  
Phone: (321) 514-2140