

GYM CLASS STRENGTH



LESSON 5

2.6 Identify the physical fitness requirements of an occupation.

Overview: Physical education doesn't end at high school graduation. What are some of your career goals? What are the physical requirements of one possible job in which you may be interested? Remember: even desk jobs have fitness requirements, since we know that physical activity allows our brain to function optimally, and because overall health allows us to work more consistently without missing days due to chronic health ailments.

Plan: Combine this lesson with physical activity, beginning with a warmup and moving into a main workout. This workout might mimic a job you'd like to pursue after graduation. For example, if you want to be a firefighter, perhaps work on carrying heavy objects in safe ways; if you'd like to work in construction, you could do some work with a sledgehammer or steel mace; if you'd like to be a lawyer, you could implement some yoga to practice being calm under pressure; etc.

Tips: Choose an occupation you would like to explore in more depth. Talk to family friends or others who may have experience with it, or research the profession online to see what insights you may find.

Outcomes: Choose and complete one of the following.

- Conduct an interview with a working professional and report on your findings by transcribing the parts of your conversation that relate to physical fitness.
- Write a brief essay explaining fitness requirements of an occupation based on your online research.
- Make a video in which you describe an occupation and identify its fitness requirements.