

Unit	Topic	Lesson	Lesson Objectives
Unit 1: Beginning Fitness			
Introduction to Fitness			
Your Fitness Log			
Physical Fitness Basics			
Define physical fitness, physical activity and exercise			
Differentiate between health, wellness and physical fitness			
Justify the inclusion of physical activity as an essential component of personal health and wellness			
Physical Fitness and Lifestyle			
Describe the relationship between physical fitness and lifestyle			
List controllable and uncontrollable factors that influence physical fitness levels			
Physical Activity Benefits			
Describe how much physical activity is recommended for developing health and fitness			
Identify ways physical activity helps lower the risk for disease			
Summarize the benefits of participating in regular physical activity			
Physical Fitness Attitudes			
Identify why physical fitness is an important health factor in the United States			
Recognize attitudes that positively and negatively influence physical fitness and discuss the benefits of having a positive attitude			
Safety			
Beginning An Exercise Program			
Describe the characteristics of appropriate safety equipment for physical activity			
Explain the importance of having a medical evaluation prior to beginning a personal fitness program			
Recognize clothing that is appropriate for safe physical activity			
Environmental Conditions and Safety			
Describe how personal choice affects the safety of an exercise environment			
Discuss how extreme heat and cold can influence the safety of physical activity			
Explain methods for maintaining proper fluid balance during physical activity			
Common Sports Injuries and Prevention			
Identify exercises and movements that are dangerous and can lead to injury			
List and describe common exercise-related physical injuries			
List guidelines for preventing injuries during physical activity			
Treatment for Common Sports Injuries			
Assess physical activity injuries that require professional health or rehabilitation services			
Describe strategies for determining the severity of a sports injury			
Examine response strategies for injuries requiring basic first aid attention			

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Fitness Fundamentals

Principles of Exercise

- Apply the training principles of overload, progression, and specificity to physical activity
- Describe the components of FITT (Frequency, Intensity, Time, and Type)
- Identify proper procedures and benefits of warming up and cooling down

Health-related Fitness

- Describe strategies for assessing health-related fitness levels
- Identify activities which improve the components of health-related fitness
- List and define each of the five health-related fitness components

Skill-related Fitness

- Describe strategies for assessing skill-related fitness levels
- Identify factors that influence skill-related fitness levels
- List and define each of the six skill-related fitness components

Fitness Evaluation

- Discuss the factors involved in conducting a fitness evaluation using national fitness tests
- Interpret the results of a fitness evaluation
- Set personal fitness goals based on the results of a fitness evaluation

Biomechanical Principles

Movement

- Describe the effects of energy and force on movement using acceleration and velocity
- Explain the three classes of levers present in the human body and demonstrate their use in physical activity

Stability & Range of Motion

- Describe strategies for improving stability
- Describe the relationship between joints and range of motion
- Identify the six types of joints

Integrated Movement

- Describe the relationship between efficiency and energy use
- List external forces that provide resistance to human movement
- Use the principles of biomechanics to describe an integrated system of human movement

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Unit 2: Health-related Fitness

Cardiorespiratory Fitness

The Cardiovascular and Respiratory Systems

- Describe proper care of the cardiovascular and respiratory systems to avoid disease
- Describe the functions and structures of the cardiovascular system
- Describe the functions and structures of the respiratory system

Cardiovascular Diseases

- Describe common types of cardiovascular disease
- List ways to identify, treat, and prevent cardiovascular disease
- Summarize how one's lifestyle can contribute to cardiovascular disease

Physical Activity and Cardiorespiratory Fitness

- Demonstrate methods for assessing cardiorespiratory fitness
- Describe the affect of physical activity on the cardiovascular and respiratory system
- Identify factors that influence cardiovascular and respiratory fitness levels

Developing Cardiorespiratory Fitness

- Apply the exercise principle of overload to improve cardiovascular health
- Describe how the exercise principle of progression leads to improved cardiovascular health
- Differentiate between aerobic and anaerobic exercise using the exercise principle of specificity

Exploring Activities for Cardiorespiratory Fitness

- Compare multiple aerobic activities for their ability to promote cardiorespiratory fitness
- Determine safety considerations when performing aerobic activities
- Recognize exercise considerations for those with special needs

Muscular Fitness

The Skeletal, Muscular, and Nervous Systems

- Describe the structures and proper care of the of the skeletal system
- Describe the structures of the nervous system and identify injuries and diseases the affect the nervous system
- Summarize the muscular system, including the functions, types of muscles, and problems associated with the system

Muscular Strength and Endurance

- Describe how muscles work and grow
- Differentiate between muscular strength and muscular endurance
- Explain how muscular strength and endurance contribute to good health and fitness

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Developing Muscular Strength and Endurance

- Apply exercise principles to develop muscular strength and endurance
- Demonstrate methods for assessing muscular strength and endurance
- Evaluate the components of weight training in order to design an appropriate personal program

Safe Weight Training

- Demonstrate proper spotting techniques
- Describe proper safety procedures for participating in a weight training program
- Describe the effects of supplements and drugs that are marketed to active people and athletes

Exploring Exercises for Muscular Fitness

- Evaluate the differences between weight-training techniques
- Identify exercises which develop muscular strength and endurance
- Recognize myths associated with weight training

Flexibility

Factors Influencing Flexibility

- Describe the characteristics of flexibility and factors that influence flexibility levels
- Identify health benefits associated with flexibility

Physical Activity and Flexibility

- Apply exercise principles to developing flexibility
- Demonstrate methods for assessing flexibility
- Explain the different types of stretching exercises and how they affect muscles

Safe and Effective Stretching

- Describe a variety of stretching exercises
- Identify stretching exercises that are harmful and should be avoided
- List guidelines for doing flexibility exercises safely

Nutrition

Food and Health

- Analyze the relationship between nutrition, health, and wellness
- Describe the functions of the six basic nutrients in maintaining health
- Recall common nutrition terminology

Nutritional Needs

- Assess nutritional needs based on dietary guidelines and the Food Guide Pyramid
- Describe how nutritional needs change throughout the lifespan
- Formulate healthy meal plans and snacks as part of a balanced diet

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Guidelines for Healthy Eating

- Analyze the conditions that lead to the spread of common foodborne illnesses
- Analyze the information on food labels and apply it to make better food choices
- Recognize common myths regarding nutrition

Body Composition

Healthy Body Composition

- Define body composition and describe the importance of body fat
- Describe genetic, physiological, and lifestyle factors that influence body composition
- Identify health-related problems associated with abnormal percentages of body fat

Determining and Controlling Body Composition

- Analyze additional strategies for achieving or maintaining a healthy body composition
- Apply the exercise principles to controlling body composition
- Describe methods for determining body composition, including Body Mass Index

Diets

- Describe common dietary restrictions and trends
- Differentiate between multiple meanings of diet
- Identify additional harmful diets and weight-loss strategies and their effects on the body

Body Image and Eating Disorders

- Develop a methodology for improving body image
- Discuss the relationship between body image and eating disorders, including the influence of the media on body image
- List the symptoms and health dangers of the most common eating disorders

Unit 3: Skills for Lifelong Fitness

Introduction to Sports

Team Sports

- Describe how participating in team sports benefits the dimensions of health
- Identify team sports that achieve health-related fitness goals in both school and outside of school
- List common characteristics of team sports, including offense, defense, and officials

Individual Sports

- Describe how participating in individual sports benefits the dimensions of health
- Explain why participating in individual sports is enjoyable and desirable
- Identify individual sports that help to achieve health-related and skill-related fitness goals

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			<p>Skills and Tactics</p> <ul style="list-style-type: none"> Describe strategies used to play team sports Identify skills important for participating in physical activities Identify techniques for improving your performance when participating in sports <p>Participating in Sports</p> <ul style="list-style-type: none"> Define competition and describe what it means to compete Describe sportsmanship and why it is important when participating in sports Summarize necessary responsible behaviors when participating in sports <p>Being a Good Sport</p> <ul style="list-style-type: none"> Describe sports etiquette and ethics Identify and apply the rules of safe sports participation Summarize an official's role in team sports <p>Diversity in Sports</p> <ul style="list-style-type: none"> Examine athletic limitations and differences in yourself and others Explore sports and activities of other countries and cultures Explore techniques for including peers of all ability levels in sports activities
			<p>Skills for Success in Athletics</p> <p>Leadership</p> <ul style="list-style-type: none"> Define leadership List the traits, characteristics, and mannerisms associated with effective leaders Recognize and identify leadership styles and situations that are appropriate for using them <p>Conflict Management</p> <ul style="list-style-type: none"> Demonstrate an understanding of conflict resolution strategies Identify the causes of conflict Recognize factors that influence conflict resolution <p>Communication</p> <ul style="list-style-type: none"> Describe the communication process and effective and ineffective communication Develop speaking, listening, and nonverbal communication skills necessary for building healthy relationships Differentiate between passive, assertive, and aggressive communication styles
			<p>Stress Management</p> <p>Stress and Health</p> <ul style="list-style-type: none"> Describe how people react to stress physically, emotionally, and behaviorally Explain common sources of stress Recognize the relationship between stress and disease

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Coping with Stress

- Describe positive and negative strategies for coping with stress
- Develop healthy behaviors that help reduce stress

Time Management

- Explain the difference between free time and committed time
- List a variety of strategies for managing time

Designing a Personal Fitness Plan

Setting Healthy Goals

- Develop an action plan to achieve a personal goal
- Differentiate between long-term goals and short-term goals
- Identify guidelines that should be followed when setting goals

Activity Selection

- Analyze common exercise programs and sports activities
- Describe how personality, attitude, and available resources affect the selection of exercise programs and sports activities
- Identify health needs that affect participation in activities

Your Fitness Plan

- Describe strategies that can help maintain a fitness program over the long term
- Explain the steps for putting together a successful personal fitness program
- Tailor a fitness program to accommodate different life stages

Consuming Wisely

Making Consumer Choices

- Analyze health messages delivered through advertisements in the media
- Describe factors that influence consumer decisions about health products, procedures, and information
- Explore the ways in which technology affects the accessibility and reliability of healthcare information

Choosing Health Services

- Analyze the cost and accessibility of health services for all people
- Describe health care services that are available in the community and how they relate to disease prevention and health promotion
- Evaluate health and fitness professionals

Dealing with Consumer Issues

- Explain methods for addressing critical health issues that result from fraud
- Identify government agencies, consumer groups, and business organizations in the community and world that advocate for consumer rights
- List and describe common health-related and fitness-related fallacies

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Fitness Centers and Equipment

- Consider the factors related to the selection, purchase, care and maintenance of physical fitness equipment
- Develop criteria for evaluating fitness centers

Lifetime Fitness

Aging and Fitness

- Describe the importance of physical fitness for all ages and abilities
- Explore how exercise can be modified to include family participation
- Identify the changes that occur as the body ages

Lifetime Fitness

- Describe the benefits of lifetime fitness
- Explore popular activities that are common among people seeking lifetime fitness
- Identify and explain characteristics that help people become and remain active

Fitness and Wellness Careers

- Discuss the educational requirements for varying careers in the fitness and wellness industry
- Identify a variety of fitness and wellness career opportunities
- List the pros and cons of working in the fitness and wellness industry