

Unit	Lesson	Lesson Objectives
<b>Health and Fitness Basics</b>		
<b>Your Fitness Log</b>		
<b>Health and Wellness</b>		
Analyze how influences such as heredity, environment, and culture impact health.		
Describe the six dimensions of health.		
Differentiate between health and wellness.		
<b>A Healthy Lifestyle</b>		
Describe how changes in lifestyle have affected health, wellness, and disease.		
Describe how individuals can address health problems and endorse health advocacy through education.		
Identify controllable and uncontrollable health risk factors and the behaviors that can cause them.		
<b>Physical Fitness Basics</b>		
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.		
<b>Physical Activity Benefits</b>		
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.		
<b>Principles of Exercise</b>		
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.		
<b>Health-related Fitness</b>		
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.		
<b>Fitness Evaluation</b>		
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.		
<b>Setting Healthy Goals</b>		
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.		

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<b>Your Fitness Plan</b>		
<p>Describe strategies that can help maintain a fitness program over the long term.</p> <p>Explain the steps for putting together a successful personal fitness program.</p> <p>Tailor a fitness program to accommodate different life stages.</p>		
<b>Safety, Wellness, and Personal Success</b>		
<b>First Aid</b>		
<p>Defend the importance of learning first aid for responding to accidental injuries.</p> <p>Examine strategies for responding to common injuries.</p> <p>List the steps for responding to life-threatening emergencies and administering CPR.</p>		
<b>Environmental Conditions and Safety</b>		
<p>Describe how personal choice affects the safety of an exercise environment.</p> <p>Discuss how extreme heat and cold can influence the safety of physical activity.</p> <p>Explain methods for maintaining proper fluid balance during physical activity.</p>		
<b>Environmental Health</b>		
<p>Critique strategies developed and approved by environmental protection agencies for protecting the environment.</p> <p>Describe issues related to air quality and its effects on health.</p> <p>Examine how various types of pollution impact local communities and the world.</p>		
<b>Lifetime Fitness</b>		
<p>Describe the benefits of lifetime fitness.</p> <p>Explore popular activities that are common among people seeking lifetime fitness.</p> <p>Identify and explain characteristics that help people become and remain active.</p>		
<b>Conflict Management</b>		
<p>Demonstrate an understanding of conflict resolution strategies.</p> <p>Identify the causes of conflict.</p> <p>Recognize factors that influence conflict resolution.</p>		
<b>Peer Pressure and Refusal Skills</b>		
<p>Differentiate between positive and negative peer pressure.</p> <p>Discuss the refusal skills needed to make responsible decisions under pressure.</p> <p>Identify causes of peer pressure and describe situations in which peer pressure is common.</p>		
<b>Time Management</b>		
<p>Explain the difference between free time and committed time.</p> <p>List a variety of strategies for managing time.</p>		
<b>Making Consumer Choices</b>		
<p>Analyze health messages delivered through advertisements in the media.</p> <p>Describe factors that influence consumer decisions about health products, procedures, and information.</p> <p>Explore the ways in which technology affects the accessibility and reliability of healthcare information.</p>		

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### 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.

## Fitness and the Body

### 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.

### 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.

### 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.

### 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.

### 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.

Unit	Lesson	Lesson Objectives
<b>Cardiorespiratory Fitness and Being Sports Ready</b>		
<b>The Cardiovascular and Respiratory Systems</b>		
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.		
<b>Developing Cardiorespiratory Fitness</b>		
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.		
<b>Exploring Activities for Cardiorespiratory Fitness</b>		
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.		
<b>Participating in Sports</b>		
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.		
<b>Common Sports Injuries and Prevention</b>		
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.		
<b>Treatment for Common Sports Injuries</b>		
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.		
<b>Health Maintenance and Nutrition</b>		
<b>The Digestive and Urinary Systems</b>		
Describe proper care of the digestive and urinary systems to avoid disease and problems that can occur in the urinary and digestive systems.		
Describe the functions and structures of the digestive system.		
Describe the functions and structures of the urinary system.		
<b>Healthy Body Composition</b>		
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.		

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		<p><b>Determining and Controlling Body Composition</b></p> <ul style="list-style-type: none"> <li>Analyze additional strategies for achieving or maintaining a healthy body composition.</li> <li>Apply the exercise principles to controlling body composition.</li> <li>Describe methods for determining body composition, including Body Mass Index.</li> </ul> <p><b>Diets</b></p> <ul style="list-style-type: none"> <li>Describe common dietary restrictions and trends.</li> <li>Differentiate between multiple meanings of diet.</li> <li>Identify additional harmful diets and weight-loss strategies and their effects on the body.</li> </ul> <p><b>Body Image and Eating Disorders</b></p> <ul style="list-style-type: none"> <li>Develop a methodology for improving body image.</li> <li>Discuss the relationship between body image and eating disorders, including the influence of the media on body image.</li> <li>List the symptoms and health dangers of the most common eating disorders.</li> </ul> <p><b>Food and Health</b></p> <ul style="list-style-type: none"> <li>Analyze the relationship between nutrition, health, and wellness.</li> <li>Describe the functions of the six basic nutrients in maintaining health.</li> <li>Recall common nutrition terminology.</li> </ul> <p><b>Nutritional Needs</b></p> <ul style="list-style-type: none"> <li>Assess nutritional needs based on dietary guidelines and the Food Guide Pyramid.</li> <li>Describe how nutritional needs change throughout the lifespan.</li> <li>Formulate healthy meal plans and snacks as part of a balanced diet.</li> </ul>
<b>Adolescent Development, Infections, and Diseases</b>		
		<p><b>The Endocrine and Reproductive Systems</b></p> <ul style="list-style-type: none"> <li>Describe the functions and structures of the endocrine system.</li> <li>Identify the names and functions of the parts of the female reproductive system.</li> <li>Identify the names and functions of the parts of the male reproductive system.</li> </ul> <p><b>Adolescence</b></p> <ul style="list-style-type: none"> <li>Compare the physical changes that occur in boys and girls during adolescence.</li> <li>Describe social changes experienced during adolescence.</li> <li>Describe the mental and emotional changes that occur during adolescence.</li> </ul> <p><b>Pregnancy</b></p> <ul style="list-style-type: none"> <li>Describe the stages of labor.</li> <li>Explain the importance of proper prenatal care and nutrition during pregnancy.</li> <li>Summarize how human life begins from conception through the stages of development.</li> </ul>

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		<p><b>Abstinence and Contraceptives</b></p> <ul style="list-style-type: none"> <li>Discuss refusal skills and avoidance techniques for avoiding sexual activity.</li> <li>Evaluate commonly used contraceptive methods, including abstinence, for effectiveness in preventing pregnancy.</li> <li>List the advantages of abstinence, including social and emotional benefits.</li> </ul> <p><b>Risks of Sexually Transmitted Infections</b></p> <ul style="list-style-type: none"> <li>Describe how STIs are spread from one person to another and how to prevent the spread of STIs.</li> <li>Describe the prevalence of sexually transmitted infections and identify why teenagers are particularly at risk for being infected.</li> <li>Examine the responsibilities of people who think they may be infected with an STI.</li> </ul> <p><b>Common Sexually Transmitted Infections</b></p> <ul style="list-style-type: none"> <li>Describe the transmission, symptoms, and treatment for common STIs.</li> <li>Examine public health policies and practices regarding the prevention and treatment of STIs.</li> <li>List examples of ways in which STIs can damage a person's health, including the effects on a fetus.</li> </ul> <p><b>Defining Communicable Diseases</b></p> <ul style="list-style-type: none"> <li>Describe ways in which communicable diseases are spread.</li> <li>Identify the types of pathogens that cause communicable diseases.</li> <li>Name common treatments for communicable diseases.</li> </ul> <p><b>Preventing Communicable Diseases</b></p> <ul style="list-style-type: none"> <li>Examine the ways the body protects itself against invading pathogens.</li> <li>Identify community resources available to help treat and prevent the spread of communicable diseases.</li> <li>List ways to care for the immune system and prevent the spread of diseases.</li> </ul> <p><b>Common Communicable Diseases</b></p> <ul style="list-style-type: none"> <li>Determine how medical technology has affected the health status of the world.</li> <li>Explain the causes, transmission, and treatment of common bacterial and viral diseases.</li> <li>Explain the causes, transmission, and treatment of common fungal, protozoan, and parasitic diseases.</li> </ul> <p><b>Cancer</b></p> <ul style="list-style-type: none"> <li>Describe the causes and types of cancer.</li> <li>Explain methods for treating cancer and recognize the importance of early detection.</li> <li>Identify behaviors that put an individual at risk for developing cancer.</li> </ul> <p><b>Disabilities</b></p> <ul style="list-style-type: none"> <li>Define disability and describe mental and physical disabilities.</li> <li>Describe laws and policies designed to accommodate individuals with disabilities.</li> <li>Examine the challenges individuals with disabilities face.</li> </ul>

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<b>Mental Health, Stress, and Relationships</b>		
<b>Evaluating Mental and Emotional Health</b>		
Describe how mental and emotional health fit into the stages of Maslow’s hierarchy of needs.		
Explain how personality influences a person’s overall mental and emotional health.		
Identify characteristics of good mental and emotional health.		
<b>Mental Health Disorders</b>		
Identify types of treatment and resources available for mental health disorders.		
Name various types of mental health disorders.		
Summarize the causes of mental health disorders.		
<b>Anxiety, Depression, and Suicide</b>		
Identify strategies for coping with the symptoms of anxiety.		
Identify strategies for coping with the symptoms of depression.		
List the warning signs of suicide and determine strategies for preventing suicide.		
<b>Stress and Health</b>		
Describe how people react to stress physically, emotionally, and behaviorally.		
Explain common sources of stress.		
Recognize the relationship between stress and disease.		
<b>Coping with Stress</b>		
Describe positive and negative strategies for coping with stress.		
Develop healthy behaviors that help reduce stress.		
<b>Healthy Friendships</b>		
Discuss resolutions for common difficulties that affect friendships.		
List strategies for forming, building and strengthening healthy friendships.		
Recognize different types of peer relationships and their effects on health.		
<b>Family Relationships</b>		
Describe the importance of families and strategies for having health family relationships.		
Develop strategies for preventing, avoiding, and treating abuse and violence within the family.		
Examine how changes and challenges in the family impact health and wellness.		
<b>Responding to Violence and Abuse</b>		
Describe how sources of conflict, violence, and abuse can be minimized.		
Identify strategies for remaining safe at home and in the community.		
Identify the causes and influences of various types of violence.		

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**Tobacco, Alcohol, and Drugs****Using Tobacco**

- Describe the harmful substances in tobacco and tobacco smoke.
- Identify factors that contribute to tobacco use.
- Summarize the effects of tobacco use on family, finances and society.

**Dangers of Tobacco**

- Describe the harmful effects of secondhand smoke, and the effects of tobacco on fetuses, infants and young children.
- Examine laws, policies, and practices that help prevent tobacco-related disease.
- Summarize the short-term and long-term health risks associated with tobacco use.

**Using Alcohol**

- Define alcohol and identify serving size and legal amounts.
- Examine the negative consequences of alcohol use.
- Identify factors that influence decisions about alcohol use.

**Alcohol and the Body**

- Describe alcoholism and its harmful affects on families and society.
- Describe the harmful effects of alcohol on a developing fetus.
- Describe the short-term and long-term effects of alcohol use on the body.

**Drugs as Medicine**

- Describe the role of medicine in health promotion, disease prevention, and possible complications that may arise from taking them.
- Differentiate between prescription and over-the-counter medicines.
- List laws, policies, and practices that relate to the safe use of medicine.

**Illegal Drugs**

- Describe why and how illegal drugs are abused.
- Differentiate between legal and illegal drugs.
- Identify commonly abused illegal drugs and their effects.

**Drug Use Risks**

- Describe drug abuse and examine the health risks and consequences involved in using drugs.
- Describe how drug abuse affects the decision making process.
- Identify the ways that drug use and abuse negatively affect families, friends, communities, and society.