

Unit	Lesson	Lesson Objectives
Introduction to Fitness and Safety		
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.		
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.		
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.		
Fitness Fundamentals and Biomechanical Principles		
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.		

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		<p>Movement</p> <ul style="list-style-type: none"> 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. <p>Stability & Range of Motion</p> <ul style="list-style-type: none"> Describe strategies for improving stability. Describe the relationship between joints and range of motion. Identify the six types of joints. <p>Integrated Movement</p> <ul style="list-style-type: none"> 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.
		<p>Cardiorespiratory and Muscular Fitness</p> <p>The Cardiovascular and Respiratory Systems</p> <ul style="list-style-type: none"> 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. <p>Physical Activity and Cardiorespiratory Fitness</p> <ul style="list-style-type: none"> 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. <p>Exploring Activities for Cardiorespiratory Fitness</p> <ul style="list-style-type: none"> 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. <p>The Skeletal, Muscular, and Nervous Systems</p> <ul style="list-style-type: none"> 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. <p>Muscular Strength and Endurance</p> <ul style="list-style-type: none"> 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. <p>Developing Muscular Strength and Endurance</p> <ul style="list-style-type: none"> 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.

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<p>Safe Weight Training</p> <ul style="list-style-type: none"> 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. 		
<p>Flexibility and Nutrition</p>		
<p>Factors Influencing Flexibility</p> <ul style="list-style-type: none"> Describe the characteristics of flexibility and factors that influence flexibility levels. Identify health benefits associated with flexibility. 		
<p>Physical Activity and Flexibility</p> <ul style="list-style-type: none"> Apply exercise principles to developing flexibility. Demonstrate methods for assessing flexibility. Explain the different types of stretching exercises and how they affect muscles. 		
<p>Safe and Effective Stretching</p> <ul style="list-style-type: none"> Describe a variety of stretching exercises. Identify stretching exercises that are harmful and should be avoided. List guidelines for doing flexibility exercises safely. 		
<p>Food and Health</p> <ul style="list-style-type: none"> Analyze the relationship between nutrition, health, and wellness. Describe the functions of the six basic nutrients in maintaining health. Recall common nutrition terminology. 		
<p>Introduction to Sports and Skills for Athletic Success</p>		
<p>Team Sports</p> <ul style="list-style-type: none"> 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. 		
<p>Individual Sports</p> <ul style="list-style-type: none"> 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. 		
<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. 		

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		<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.
Designing a Personal Fitness Plan and Lifetime Fitness		
		<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. <p>Setting Healthy Goals</p> <ul style="list-style-type: none"> 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. <p>Activity Selection</p> <ul style="list-style-type: none"> 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. <p>Lifetime Fitness</p> <ul style="list-style-type: none"> 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.