

TX-Lifetime Fitness and Wellness Pursuits		Scope and Sequence
Unit	Lesson	Objectives
Introduction to Fitness		
	Your Fitness Log	
	Health and Wellness	
		Describe the six dimensions of health
		Differentiate between health and wellness
		Analyze how influences such as heredity, environment, and culture impact health
A Healthy Lifestyle		
		Describe how changes in lifestyle have affected health, wellness, and disease
		Identify controllable and uncontrollable health risk factors and the behaviors that can cause them
		Describe how individuals can address health problems and endorse health advocacy through education
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		
		List controllable and uncontrollable factors that influence physical fitness levels
		Describe the relationship between physical fitness and lifestyle
Physical Activity Benefits		
		Summarize the benefits of participating in regular physical activity
		Identify ways physical activity helps lower the risk for disease
		Describe how much physical activity is recommended for developing health and fitness

TX-Lifetime Fitness and Wellness Pursuits**Scope and Sequence****Unit Lesson****Objectives**

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

Unit Test

Safety and Environmental Health

Beginning An Exercise Program

Explain the importance of having a medical evaluation prior to beginning a personal fitness program

Recognize clothing that is appropriate for safe physical activity

Describe the characteristics of appropriate safety equipment for 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

Environmental Health

Describe issues related to air quality and its effects on health

Examine how various types of pollution impact local communities and the world

Critique strategies developed and approved by environmental protection agencies for protecting the environment

Making Wise Personal-Safety Decisions

Develop strategies for preventing injuries at work and home

Discuss how climate and environmental conditions can influence the safety of recreational activities

Discuss the importance of safety precautions while engaging in water-based activities

Unit Lesson**Objectives**

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

Describe strategies for determining the severity of a sports injury

Examine response strategies for injuries requiring basic first aid attention

Assess physical activity injuries that require professional health or rehabilitation services

Unit Test

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

List and define each of the five health-related fitness components

Describe strategies for assessing health-related fitness levels

Identify activities which improve the components of health-related fitness

Skill-related Fitness

List and define each of the six skill-related fitness components

Identify factors that influence skill-related fitness levels

TX-Lifetime Fitness and Wellness Pursuits**Scope and Sequence****Unit Lesson****Objectives**

Describe strategies for assessing skill-related fitness levels

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

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

Integrated Movement

List external forces that provide resistance to human movement

Describe the relationship between efficiency and energy use

Use the principles of biomechanics to describe an integrated system of human movement

Unit Test

Cardiorespiratory Fitness

The Cardiovascular and Respiratory Systems

Describe the functions and structures of the cardiovascular system

Describe the functions and structures of the respiratory system

Describe proper care of the cardiovascular and respiratory systems to avoid disease

Cardiovascular Diseases

Describe common types of cardiovascular disease

Summarize how one's lifestyle can contribute to cardiovascular disease

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List ways to identify, treat, and prevent cardiovascular disease

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

Physical Activity and Cardiorespiratory Fitness

Identify factors that influence cardiovascular and respiratory fitness levels

Describe the affect of physical activity on the cardiovascular and respiratory system

Demonstrate methods for assessing cardiorespiratory fitness

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

Unit Test

Muscular Fitness and Flexibility

The Skeletal, Muscular, and Nervous Systems

Describe the structures and proper care of the of the skeletal system

Summarize the muscular system, including the functions, types of muscles, and problems associated with the system

Describe the structures of the nervous system and identify injuries and diseases the affect the nervous system

Muscular Strength and Endurance

Unit Lesson

Objectives

Differentiate between muscular strength and muscular endurance

Explain how muscular strength and endurance contribute to good health and fitness

Describe how muscles work and grow

Developing Muscular Strength and Endurance

Evaluate the components of weight training in order to design an appropriate personal program

Apply exercise principles to develop muscular strength and endurance

Demonstrate methods for assessing muscular strength and endurance

Safe Weight Training

Describe proper safety procedures for participating in a weight training program

Demonstrate proper spotting techniques

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

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

Explain the different types of stretching exercises and how they affect muscles

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Demonstrate methods for assessing flexibility

Safe and Effective Stretching

List guidelines for doing flexibility exercises safely

Describe a variety of stretching exercises

Identify stretching exercises that are harmful and should be avoided

Unit Test

Cumulative Exam

Cumulative Exam Review

Cumulative Exam

Nutrition and Body Composition

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

Formulate healthy meal plans and snacks as part of a balanced diet

Describe how nutritional needs change throughout the lifespan

Guidelines for Healthy Eating

Analyze the information on food labels and apply it to make better food choices

Analyze the conditions that lead to the spread of common foodborne illnesses

Recognize common myths regarding nutrition

Unit Lesson

Objectives

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

Describe methods for determining body composition, including Body Mass Index

Apply the exercise principles to controlling body composition

Analyze additional strategies for achieving or maintaining a healthy body composition

Diets

Differentiate between multiple meanings of diet

Identify additional harmful diets and weight-loss strategies and their effects on the body

Describe common dietary restrictions and trends

Body Image and Eating Disorders

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

Develop a methodology for improving body image

Unit Test

Introduction to Sports

Team Sports

List common characteristics of team sports, including offense, defense, and officials

Describe how participating in team sports benefits the dimensions of health

Unit Lesson

Objectives

Identify team sports that achieve health-related fitness goals in both school and outside of school

Individual Sports

Explain why participating in individual sports is enjoyable and desirable

Describe how participating in individual sports benefits the dimensions of health

Identify individual sports that help to achieve health-related and skill-related fitness goals

Skills and Tactics

Identify skills important for participating in physical activities

Describe strategies used to play team sports

Identify techniques for improving your performance when participating in sports

Participating in Sports

Describe sportsmanship and why it is important when participating in sports

Define competition and describe what it means to compete

Summarize necessary responsible behaviors when participating in sports

Being a Good Sport

Identify and apply the rules of safe sports participation

Summarize an official's role in team sports

Describe sports etiquette and ethics

Diversity in Sports

Examine athletic limitations and differences in yourself and others

Explore techniques for including peers of all ability levels in sports activities

Explore sports and activities of other countries and cultures

Unit Test

TX-Lifetime Fitness and Wellness Pursuits**Scope and Sequence****Unit Lesson****Objectives****Social and Emotional Wellness**

Leadership

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

Communication

Describe the communication process and effective and ineffective communication

Differentiate between passive, assertive, and aggressive communication styles

Develop speaking, listening, and nonverbal communication skills necessary for building healthy relationships

Conflict Management

Identify the causes of conflict

Recognize factors that influence conflict resolution

Demonstrate an understanding of conflict resolution strategies

Understanding Cyberbullying

Identify the characteristics of cyberbullying.

Evaluate the negative impact of inappropriate technology use.

Analyze effective ways to deal with online harassment.

Evaluating Mental and Emotional Health

Identify characteristics of good mental and emotional health

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

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Managing Emotions

Define and identify common emotions

Compare and contrast positive and negative methods for managing emotions

Describe the impact of emotions on overall health

Stress and Health

Explain common sources of stress

Describe how people react to stress physically, emotionally, and behaviorally

Recognize the relationship between stress and disease

Unit Test

Personal Fitness Plan and Consumer Choices

Setting Healthy Goals

Differentiate between long-term goals and short-term goals

Identify guidelines that should be followed when setting goals

Develop an action plan to achieve a personal goal

Your Fitness Plan

Explain the steps for putting together a successful personal fitness program

Describe strategies that can help maintain a fitness program over the long term

Tailor a fitness program to accommodate different life stages

Activity Selection

Analyze common exercise programs and sports activities

Identify health needs that affect participation in activities

Describe how personality, attitude, and available resources affect the selection of exercise programs and sports

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activities

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

Making Consumer Choices

Describe factors that influence consumer decisions about health products, procedures, and information

Analyze health messages delivered through advertisements in the media

Explore the ways in which technology affects the accessibility and reliability of healthcare information

Choosing Health Services

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

Analyze the cost and accessibility of health services for all people

Dealing with Consumer Issues

List and describe common health-related and fitness-related fallacies

Identify government agencies, consumer groups, and business organizations in the community and world that advocate for consumer rights

Explain methods for addressing critical health issues that result from fraud

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

Unit Test

Unit Lesson

Objectives

Cumulative Exam

Cumulative Exam Review

Cumulative Exam