



# cFitness Academy

by Carone Fitness

Online PE, Health, & Career Courses

## PERSONAL HEALTH & FITNESS

### UNIT 1: HOLISTIC HEALTH

- **Section 1.1: Dimensions of Wellness**
- **Section 1.2: Decision Making Skills**

#### Learning Objectives

- Interpret the World Health Organization's definition of health
- Contrast the leading causes of death between the 1900s and today
- Examine the purpose and goals of Healthy People 2010
- Explain the difference between controllable and non-controllable risk factors
- Demonstrate what risk factors and health habits are and how they affect the individual
- Analyze the stages of change model and explain its importance
- Describe the steps of the decision making model
- Apply the decision-making model to your life

### UNIT 2: STARTING A FITNESS PROGRAM

- **Section 2.1: What is Fitness?**
- **Section 2.2: Goal Setting**
- **Section 2.3: Getting Started**

#### Learning Objectives:

- Successfully complete a personal self-assessment
- Analyze your personal fitness assessment according to national standards
- Decipher what areas of fitness you need to improve in
- Explain what it means to be physically fit
- Describe the state of our nation in terms of fitness levels
- Analyze skill components verses health components of fitness
- Analyze your personal fitness assessment according to national standards



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- Decipher what areas of fitness you need to improve in
- Describe the steps for setting appropriate goals
- Set health and fitness goals for the end of the semester
- Create a health and fitness action plan
- Explain safe and effective steps for beginning an exercise program
- Describe factors you can use to help you stay motivated
- Analyze what road blocks keep you from exercising and how you might overcome those obstacles
- Create a workout schedule
- Begin an exercise program

## UNIT 3: FITNESS SAFETY

- **Section 3.1: Warm Up & Cool Down**
- **Section 3.2: Posture & Technique**
- **Section 3.3: Safety Guidelines**

### Learning Objectives:

- Explain the importance of a proper warm-up and cool down
- Explain the physiologic benefit of warming up and cooling down
- Describe the proper procedures for warming up and cooling down
- Perform a proper warm-up and cool down
- Describe what proper posture is and how to attain it
- Explain basic rules of technique while exercising
- Identify examples of proper and improper posture and technique
- Demonstrate proper posture and technique while exercising
- Describe general guidelines for safe and effective exercise
- List tips for safe exercise in hot conditions
- List tips for safe exercise in cold conditions
- Describe ways to prevent injury
- List ways to combat muscle soreness
- List safety rules for a specific sport or activity
- Explain how to treat minor soft tissue injuries



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- Discuss risk vs. benefit in terms of physical activity and sports
- Understand the importance of contacting a medical care provider for any concerns

## UNIT 4: EXERCISE PRINCIPLES

- **Section 4.1: Components of Fitness**
- **Section 4.2: FITT Principles**
- **Section 4.3: Heart Rate & Intensity**

### Learning Objectives:

- List and describe the five components of physical fitness
- Explain the importance of each component in establishing a balanced exercise routine
- Modify your current exercise schedule as needed
- List and describe the FITT principles of exercise
- Apply the FITT principles to the five components of fitness
- Explain other basic principles of exercise
- Apply the principles of exercise to your own workout sessions
- Define resting heart rate, maximum heart rate, and target heart rate
- Calculate your own resting heart rate, maximum heart rate, and target heart rate
- Take your heart rate manually
- Explain alternative ways to measure your intensity when exercising

## UNIT 5: DRUGS & ALCOHOL

- **Section 5.1: Drug Use**
- **Section 5.2: Tobacco & Alcohol**

### Learning Objectives:

- Define substance abuse, addiction, tolerance, and dependency
- Identify the harmful effects of substance abuse
- Classify the types and effects of various drugs



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- Identify the harmful effects of steroids and performance enhancing drugs
- Understand the negative consequences of tobacco use
- Explain the consequences of alcohol use and abuse

## UNIT 6: NUTRITION

- **Section 6.1: Nutrition**
- **Section 6.2: Weight Management**

### Learning Objectives:

- List the food groups determined by the USDA
- Explain what nutrients each food group provides the body
- Explain the importance of eating a balanced diet
- Analyze your own diet
- Make steps towards improving your diet
- Analyze a food label
- Describe appropriate portion sizes
- Explain the correlation between energy balance and weight gain or weight loss
- Utilize safe methods for managing your weight
- Identify fad diets
- List the steps in calculating your caloric needs
- Calculate your caloric needs
- Analyze nutrition and fitness myths
- Define eating disorders