UNIT 1: LOOKING GOOD--FEELING GOOD

Objectives - The students will:
   a. Define physical fitness.
   b. Identify the benefits of exercise through participation in fitness activities.
   c. Identify health risk factors.
   d. Define body image.
   e. Identify attitudes that teens may have toward physical activity.

UNIT 2: COMPONENTS OF FITNESS

Objectives - The students will:
   a. Identify and define the health-related and skill-related components of physical fitness.
   b. Describe the difference between health-related and skill-related components of physical fitness.
   c. Establish a baseline level of health-related fitness through FITNESSGRAM testing.
   d. Measure skill-related components of physical fitness.
   e. Record and analyze individual fitness data.
   f. Explain why it is important to be healthy and physically fit.

UNIT 3: GOAL SETTING FOR TEENAGERS

Objectives - The students will:
   a. Explain the purpose of goal setting.
   b. Differentiate between short-term and long-term goals.
   c. Identify the steps to follow when setting goals.
   d. Create short- and long-term goals to maintain and/or improve health-related fitness components.

UNIT 4: GUIDELINES FOR EXERCISE

Objectives - The students will:
   a. Identify factors to consider before engaging in a physical fitness program.
   b. Identify signs of heat illness caused by fluid loss.
   c. Identify safety precautions to be taken when exercising.
   d. Describe the importance of a warm-up and cool-down period when participating in physical activity.
   e. Select appropriate activities for a warm-up and cool-down period when participating in physical activities.
UNIT 5: PRINCIPLES OF TRAINING

Objectives - The students will:
   a. Define the training principle of overload.
   b. Explain how overload is accomplished by varying frequency, intensity, and time.
   c. Define the training principle of progression and explain why one must progress slowly.
   d. Define the principle of specificity and explain why specific exercises must be performed to improve specific areas of the body and specific components of fitness.
   e. Apply the training principles of overload, progression and specificity to individual activity opportunities.

UNIT 6: FLEXIBILITY

Objectives - The students will:
   a. Identify health-related problems associated with inadequate flexibility.
   b. Identify and describe methods of determining levels of flexibility.
   c. Describe and demonstrate safety procedures that should be followed when engaging in flexibility exercises.
   d. Identify and participate in a variety of static and dynamic stretching activities that promote flexibility.
   e. Apply the principles of training to improve flexibility.

UNIT 7: CARDIOVASCULAR FITNESS

Objectives - The students will:
   a. Explain how the circulatory and respiratory systems are related to cardiovascular fitness.
   b. Identify health-related problems associated with inadequate cardiovascular fitness.
   c. Identify the cardiovascular benefits of exercise.
   d. Calculate their individual target heart rate zones.
   e. Identify and describe methods of determining the level of cardiovascular fitness.
   f. Describe and demonstrate safety procedures that should be followed when engaging in cardiovascular fitness activities.
   g. Identify and participate in a variety of aerobic activities that promote cardiovascular fitness.
   h. Apply the principles of training to improve cardiovascular fitness.
UNIT 8: MUSCULAR FITNESS

Objectives - The students will:
   a. Identify health-related problems associated with inadequate muscular fitness.
   b. Identify myths commonly held about weight training.
   c. Identify benefits derived from participation in muscular fitness activities.
   d. Identify and describe methods of determining levels of muscular strength and muscular endurance.
   e. Describe and demonstrate safety procedures that should be followed when engaging in muscular fitness activities.
   f. Identify and participate in a variety of activities that promote muscular fitness.
   g. Apply the principles of training to improve muscular fitness.

UNIT 9: NUTRITION

Objectives - The students will:
   a. Access and analyze accurate information about nutrition and weight control based on source, validity, cost, and effectiveness.
   b. Design, implement, and evaluate progress toward an effective personal eating plan based on health information and personal goals.
   c. Analyze the relationship between accepted nutritional guidelines and physical activity.

UNIT 10: BODY COMPOSITION AND WEIGHT CONTROL

Objectives - The students will:
   a. Describe the characteristics of the three classifications of body types and their relation to physical activity.
   b. Determine their body types.
   c. Describe appropriate methods for assessing body composition.
   d. Determine and analyze their percent body fat and body mass index.
   e. Differentiate between the terms weight loss, weight gain, and weight maintenance.
   f. Explain why permanent weight control is best achieved with a program of diet, exercise, and physical activity.

UNIT 11: CONSUMER ISSUES

Objectives - The students will:
   a. Recognize how facts, fads, quackery, and myths are related to physical fitness.
   b. Identify consumer issues related to product selection.
c. Determine the validity of marketing claims promoting physical fitness products and services.

UNIT 12: EVALUATION OF ACTIVITIES

Objectives - The students will:
   a. Describe some of the most popular exercise programs.
   b. Explain why motor skills, personality, and attitudes should be considered before selecting physical activities for a personal fitness program.
   c. Explain why financial considerations, availability of facilities, and environmental factors should be considered before selecting activities for a personal fitness program.
   d. Describe and analyze the contributions of various exercise programs and sports activities to the health-related components of physical fitness and stress diversion.

UNIT 13: DESIGNING YOUR OWN PROGRAM

Objectives - The students will:
   a. Identify the steps in designing a personal fitness program.
   b. Identify obstacles that interfere with their program success.
   c. Identify motivational strategies that will help keep their programs going.
   d. Design a personal fitness program that will lead to or maintain an optimum level of flexibility, cardiovascular endurance, muscular strength, muscular endurance, and body composition.
   e. Design a personal fitness program that will contribute to stress management.