

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.