

Options EHS Foundations of Personal Wellness		Scope and Sequence
Unit	Lesson	Objectives
<b>Your Health and Wellness</b>		
	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
	Topic Test	
<b>Fitness Basics</b>		
	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

**Unit Lesson****Objectives**

Identify ways physical activity helps lower the risk for disease

Describe how much physical activity is recommended for developing health and fitness

## 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

## Topic Test

**Fitness 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

Describe strategies for assessing skill-related fitness levels

## Fitness Evaluation

Discuss the factors involved in conducting a fitness evaluation using national fitness tests

**Unit Lesson****Objectives**

Interpret the results of a fitness evaluation

Set personal fitness goals based on the results of a fitness evaluation

Topic Test

**Designing a Personal Fitness Plan**

## 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 activities

## 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

## Fitness Centers and Equipment

**Unit Lesson****Objectives**

Consider the factors related to the selection, purchase, care and maintenance of physical fitness equipment

Develop criteria for evaluating fitness centers

Topic Test

**Skills for Wellness**

Decision Making

Analyze influences on people's decisions and describe the consequences of decision making

List the steps in the decision making process

Recommend the steps a person can take to address consequences caused by poor decision making

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

Peer Pressure and Refusal Skills

Differentiate between positive and negative peer pressure

Identify causes of peer pressure and describe situations in which peer pressure is common

Discuss the refusal skills needed to make responsible decisions under pressure

Personal Care

**Options EHS Foundations of Personal Wellness**

**Scope and Sequence**

**Unit Lesson**

**Objectives**

Identify strategies for personal care and hygiene that promote health

Describe personal strategies for minimizing potential harm from exposure to the Sun

Analyze the importance of sleep hygiene for overall health

Topic Test

**Skills for Personal Success**

Time Management

Explain the different between free time and committed time

List a variety of strategies for managing time

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

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

**Unit Lesson**

**Objectives**

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 and Wellness  
Careers

Identify a variety of fitness and wellness career opportunities

Discuss the educational requirements for varying careers in the fitness and wellness industry

List the pros and cons of working in the fitness and wellness industry

Topic Test

**Cumulative Exam Review**

**Cumulative Exam Assessment**