

Options EHS Foundations of Personal Wellness		Scope and Sequence
Unit	Lesson	Objectives
Your Health and Wellness		
	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	
Fitness Basics		
	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

Options EHS Foundations of Personal Wellness**Scope and Sequence****Unit Lesson****Objectives**

Equipment

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

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Personal Care

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 difference 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

Topic Test

Cumulative Exam Review**Cumulative Exam Assessment**