

Unit Lesson

Objectives

Introduction to Fitness and Safety

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

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

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

Environmental Conditions and
Safety

Unit Lesson**Objectives**

Describe how personal choice affects the safety of an exercise environment

Discuss how extreme heat and cold can influence the safety of physical activity

Explain methods for maintaining proper fluid balance during physical activity

Common Sports Injuries and
Prevention

Identify exercises and movements that are dangerous and can lead to injury

List and describe common exercise-related physical injuries

List guidelines for preventing injuries during physical activity

Treatment for Common Sports
Injuries

Describe strategies for determining the severity of a sports injury

Examine response strategies for injuries requiring basic first aid attention

Assess physical activity injuries that require professional health or rehabilitation services

Unit Test

Fitness Fundamentals and Biomechanical 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

Unit	Lesson	Objectives
	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
		Interpret the results of a fitness evaluation
		Set personal fitness goals based on the results of a fitness evaluation
	Movement	
		Describe the effects of energy and force on movement using acceleration and velocity
		Explain the three classes of levers present in the human body and demonstrate their use in physical activity
	Stability & Range of Motion	
		Describe strategies for improving stability
		Identify the six types of joints
		Describe the relationship between joints and range of motion