

Options FRMS Physical Education 8B		Scope and Sequence
Unit	Lesson	Objectives
Stress Management and Designing a Personal Fitness Plan		
	Stress and Health	
		Explain common sources of stress
		Describe how people react to stress physically, emotionally, and behaviorally
		Recognize the relationship between stress and disease
	Coping with Stress	
		Develop healthy behaviors that help reduce stress
		Describe positive and negative strategies for coping with stress
	Time Management	
		Explain the difference between free time and committed time
		List a variety of strategies for managing time
	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
	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
	Your Fitness Plan	
		Explain the steps for putting together a successful personal fitness program

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		Describe strategies that can help maintain a fitness program over the long term
		Tailor a fitness program to accommodate different life stages
	Unit Test	
Consuming Wisely and Lifetime Fitness		
	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	
		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 Centers and Equipment	
		Consider the factors related to the selection, purchase, care and maintenance of physical fitness equipment
		Develop criteria for evaluating fitness centers
	Aging and Fitness	

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		Identify the changes that occur as the body ages
		Describe the importance of physical fitness for all ages and abilities
		Explore how exercise can be modified to include family participation
	Lifetime Fitness	
		Describe the benefits of lifetime fitness
		Explore popular activities that are common among people seeking lifetime fitness
		Identify and explain characteristics that help people become and remain active
	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
	Unit Test	