

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

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	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
	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
	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
	Unit Test	
Safety, Wellness, and Personal Success		
	First Aid	
		Defend the importance of learning first aid for responding to accidental injuries
		List the steps for responding to life-threatening emergencies and administering CPR
		Examine strategies for responding to common injuries

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Environmental Conditions and Safety

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

Environmental Health

Describe issues related to air quality and its effects on health

Examine how various types of pollution impact local communities and the world

Critique strategies developed and approved by environmental protection agencies for protecting the environment

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

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

Time Management

Explain the difference between free time and committed time

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List a variety of strategies for managing time

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

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

Unit Test**Fitness and the Body****The Skeletal, Muscular, and Nervous Systems**

Describe the structures and proper care of the of the skeletal system

Summarize the muscular system, including the functions, types of muscles, and problems associated with the system

Describe the structures of the nervous system and identify injuries and diseases the affect the nervous system

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

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		Identify the six types of joints
		Describe the relationship between joints and range of motion
	Muscular Strength and Endurance	
		Differentiate between muscular strength and muscular endurance
		Explain how muscular strength and endurance contribute to good health and fitness
		Describe how muscles work and grow
	Developing Muscular Strength and Endurance	
		Evaluate the components of weight training in order to design an appropriate personal program
		Apply exercise principles to develop muscular strength and endurance
		Demonstrate methods for assessing muscular strength and endurance
	Safe Weight Training	
		Describe proper safety procedures for participating in a weight training program
		Demonstrate proper spotting techniques
		Describe the effects of supplements and drugs that are marketed to active people and athletes
	Factors Influencing Flexibility	
		Describe the characteristics of flexibility and factors that influence flexibility levels
		Identify health benefits associated with flexibility
	Physical Activity and Flexibility	
		Apply exercise principles to developing flexibility
		Explain the different types of stretching exercises and how they affect muscles
		Demonstrate methods for assessing flexibility

Unit Lesson**Objectives**

Unit Test

Cardiorespiratory Fitness and Being Sports Ready

The Cardiovascular and Respiratory Systems

Describe the functions and structures of the cardiovascular system

Describe the functions and structures of the respiratory system

Describe proper care of the cardiovascular and respiratory systems to avoid disease

Developing Cardiorespiratory Fitness

Apply the exercise principle of overload to improve cardiovascular health

Describe how the exercise principle of progression leads to improved cardiovascular health

Differentiate between aerobic and anaerobic exercise using the exercise principle of specificity

Exploring Activities for Cardiorespiratory Fitness

Compare multiple aerobic activities for their ability to promote cardiorespiratory fitness

Determine safety considerations when performing aerobic activities

Recognize exercise considerations for those with special needs

Participating in Sports

Describe sportsmanship and why it is important when participating in sports

Define competition and describe what it means to compete

Summarize necessary responsible behaviors when participating in sports

Common Sports Injuries and Prevention

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

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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

Cumulative Exam

Cumulative Exam Review

Cumulative Exam