



## **Health, Fitness, and Nutrition**

### **Semester A Summary:**

This is the first of two courses that comprise Health, Fitness, and Nutrition. In this course, the student will study a variety of health-related topics and learn the benefits of fitness. The student will gain a new awareness of his own fitness level and nutritional needs. The student will also learn how to adopt long-term, healthy habits and lifestyle changes to improve and inspire his overall state of well being.

This course will also teach the student how fitness can influence one's self image and will help him to understand the value of respecting his own body. The student will explore the dangers of alcohol and drug use and develop social strategies to avoid peer pressure. The student will also examine such things as eating disorders, prevention of injury, and first aid.

### **Semester A Outline**

#### **1. Health and Wellness**

1. Health, Wellness, and the Importance of Fitness
  - Examine the impact of environmental health issues on local communities.
  - Distinguish between fitness and wellness
  - Determine your fitness level
  - Learn to set goals
2. Risk Factors
  - Identify common chronic diseases based on their description.
  - Evaluate risk factors for common diseases and develop prevention strategies.
  - Analyze the spread of diseases, and develop personal prevention strategies
  - Explain herd immunity and the importance of immunizations
  - Identify the importance of vision, hearing, and dental health.
  - Identify the hereditary, environmental, and behavioral risk factors that can affect your overall health and well being
  - Describe the long-term effects of party drugs
3. Fitness Factors
  - Identify the difference between health-related factors and skill-related factors of fitness
  - Identify the following health-related factors: cardiovascular efficiency, muscular strength and endurance, flexibility, and body composition
  - Distinguish between the following skill-related factors: coordination, agility, speed, balance, power
4. Fitness Testing
  - Describe how to test your fitness level
  - Describe how to calculate flexibility
5. Components of Fitness
  - Explain the three basic principles of training
  - Discuss the principles of overload
6. Guidelines for the Exercise Session

- Determine the value of warming up and cooling down
  - Describe several techniques for static stretching
  - Describe how to plan your own exercise session
7. Understanding How Joints Move
    - Identify the anatomy of a joint
    - Explain how different joints work
    - Discuss how to maintain healthy joints
  8. Understanding Flexibility
    - Describe flexibility
    - Explain how to apply fitness principles to flexibility
  9. Stretching Exercises
    - Explain the importance of stretching after exercising
    - Describe several stretching exercises
  10. Mind-Body Conditioning and Awareness
    - Discuss some of the more popular methods of mind-body awareness and conditioning
    - Identify the benefits of Yoga and Pilates and discuss the philosophies of each system

## 2. **Strengthen your Muscles**

1. Anatomical Structure of the Heart and How it Works
  - Describe the heart, its valves, and the circulatory system
  - Explain the functions of the arteries, veins, and capillaries
  - Describe how blood flows through the heart
2. Blood Pressure
  - Discuss the importance of having a normal blood pressure
  - Describe the relationship among exercise, diet, and blood pressure
3. The Respiratory System
  - Describe what comprises the respiratory system
  - Describe what smoking can do to your body
  - Explain what marijuana can do to your brain
4. Muscle Fibers
  - Describe two types of muscle fibers
  - Discuss the important functions of muscle fibers
5. The Muscles
  - Describe various types of muscles
6. Circulation and Exercise
  - Describe the anatomy and physiology of the circulatory system
  - Explain how exercise can improve the circulatory system
7. Developing Muscular Strength and Endurance
  - Describe ways to build muscular strength and endurance
  - Recognize the benefits of cross training
  - Describe exercises to build strength and endurance
8. Aerobic Training Benefits
  - Explain the benefits of aerobic exercise
9. Poor Aerobic Conditioning and Body Composition
  - Describe diseases associated with poor conditioning
  - Describe the specific changes that take place in the body with regular aerobic conditioning
  - Explain how aerobic exercise can be beneficial in reducing the risk of coronary artery disease, diabetes, and depression

## 3. **Final Exam**

## 1. Health, Fitness, and Nutrition A Final Exam

### **Semester B Summary:**

In the Health, Fitness, and Nutrition course, the student will study a variety of health-related topics and learn the benefits of fitness. The student will gain a new awareness of his own fitness level and nutritional needs. The student will also learn how to adopt long-term, healthy habits and lifestyle changes to improve and inspire his overall state of well being. This course will also teach the student how fitness can influence one's self image and will help him to understand the value of respecting his own body. The student will explore the dangers of alcohol and drug use and develop social strategies to avoid peer pressure. The student will also examine such things as eating disorders, prevention of injury, reproductive health, and first aid.

### **Semester B Outline**

#### **1. Building a Healthy Body**

1. Body Fat and Obesity
  - Define body fat and other related terms
  - Describe the difference between being obese and overweight
  - Discuss the benefits of having a low percentage of body fat
  - Recognize the health hazards associated with being obese and overweight
2. Nutrition and Staying Healthy
  - Determine if your daily goals for including vitamins and minerals in your diet are being met
  - Create one or more S. M. A. R. T. goals for including enough vitamins and minerals in your diet
  - Develop a plan to meet your S. M. A. R. T. dietary goal(s)
  - Identify the six major nutrients and identify the best food sources for each one
  - Identify the basic food groups by using the USDA Food Pyramid
  - Examine your own eating habits
  - Describe how to select foods that will provide optimal nutritional benefits
3. Weight Control
  - Discuss the causes of adult and childhood obesity
  - Distinguish between healthy and unhealthy fats
  - Describe the difference between "good" and "bad" cholesterol and how it effects the body
4. The Importance of Hydration
  - Discuss the importance of hydration
  - Identify the symptoms of dehydration
  - Identify the negative side effects of diuretics
5. Sports Nutrition Myths
  - Identify and debunk common nutrition myths
  - Describe the hazards of dietary supplements for weight loss and improved performance
  - Analyze technology for its influence on consumer health and health care
6. Fad Diets
  - Explain organic, fresh, farm-raised, "lite", low-fat, and fat-free foods
  - Determine community resources for purchasing locally grown/sourced foods
  - Describe careers associated with healthy food choices

- Identify the dangers of dieting, eating fast foods, and taking diet aids
  - Identify healthy eating habits
  - Discuss how to avoid sensationalism
7. Eating Disorders
- Find and share mental health resources related to eating disorders.
  - Identify the symptoms of eating disorders
  - Recognize the influences associated with eating disorders
  - Recognize the psychological and physiological effects of eating disorders
  - Discuss treatment for eating disorders
8. Stress Management
- Describe causes and effects of sleep deprivation and extended screen time
  - Describe the positive and negative effects of social media and of sharing personal information online
  - Create strategies to balance technology use with offline activities
  - Identify the symptoms of stress
  - Identify strategies for managing stress
  - Discuss suicide prevention
  - Define self-esteem
9. Healthy Relationships
- Describe what gangs are
  - Describe risky behaviors caused by gang involvement
  - Determine the risks of gang involvement
  - Understand the consequences of gang involvement
  - Define peer and family relationships
  - Identify healthy relationships
  - Identify abusive relationships
  - Describe personality and self-esteem
  - Describe bullying and how to avoid violence
10. Drugs and Alcohol
- Explain consequences of binge drinking
  - Create personal standards to resist harmful substances and behaviors
  - Support ways to report peer substance use to an adult
  - Create a personal plan to prevent substance abuse
  - Conduct research on the consequences of drug abuse
  - Examine behaviors linked to addiction and mental health
  - Identify the negative affects of drugs
  - Describe alcohol abuse
  - Identify the addictive properties of tobacco

## **2. Developing an Exercise Plan**

1. Injury Prevention and Exercising Safely
  - Describe common exercise injuries
  - Discuss how to prevent injury
  - Explain muscle sprains and strains
  - Identify treatments for injuries
  - Distinguish between heat stroke and heat exhaustion
2. Exercise Myths
  - Identify and debunk common exercise myths
  - Recognize the importance of education before designing an exercise program
  - Describe strategies to help avoid improper exercise advice
3. The Importance of First Aid

- identify signs and symptoms of a concussion
  - promote reporting symptoms to prevent brain injury
  - demonstrate common first aid skills
  - explain actions, behaviors, and signs that may indicate a threat
  - identify ways to respond and report threats
  - Describe emergency medical procedures
  - Recognize the importance of CPR
  - Identify the Heimlich maneuver
  - Describe different medical emergencies and appropriate responses
4. Exercise for Medical Conditions
    - Identify modifications for injuries and health conditions
    - Identify various prescribed treatments for injuries and health conditions
    - Describe the importance of exercise for certain medical conditions and sports related injuries
  5. The Importance of Proper Exercise Attire
    - Recognize the importance of protective exercise gear
    - Identify safety procedures and recommendations for specific activities
    - Identify appropriate exercise attire for different climates
    - Describe foot conditions associated with improper foot wear
  6. Designing Your Exercise Program
    - Describe the benefits of maintaining an exercise journal
    - Design a personal exercise progress form
    - Plan your own personal exercise program
  7. Staying Motivated
    - Design a wellness plan that includes strategies for adequate sleep and rest
    - Describe factors that can influence exercise adherence
    - Develop strategies to stay motivated
    - Identify compulsive exercise habits
  8. Selecting a Fitness Facility
    - Describe the "pros" and "cons" of exercising at home and at a gym
    - Recognize the importance of research before purchasing home exercise equipment
    - Identify factors to consider when joining a health club
  9. Family Life and Education and Your Community
    - Create a plan to positively impact your health and maintain a healthy lifestyle free of health-related social issues
    - Support global environmental health and disease prevention
    - Recognize the importance of healthy habits at home
    - Develop strategies for encouraging family fitness

### 3. Reproductive Health

1. Introduction to Reproductive Health
  - Identify the focus of the reproductive health unit
  - Demonstrate an understanding of how decisions can have long term effects
2. The Reproductive Systems
  - Become familiar with the male and female reproductive systems
  - Become familiar with reproductive health habits
  - Identify factors that affect the endocrine system
  - Identify behaviors that protect the endocrine system
3. How We Are Born
  - Demonstrate an understanding of conception and pregnancy
  - Demonstrate an understanding of fetal development

- Demonstrate an understanding of the birth process
- 4. Responsibilities of Marriage
  - Identify the characteristics of a successful marriage
  - Identify the characteristics of a successful parent
- 5. Sexually Transmitted Diseases
  - Identify sexually transmitted diseases
  - Demonstrate an understanding of how abstinence is the best preventive method against STDs
- 6. Why Practice Abstinence?
  - Demonstrate an understanding of the practice of abstinence
- 7. Abstinence and Contraception
  - Demonstrate an understanding of family planning after marriage
- 8. Responsible Dating
  - Identify healthy dating skills
  - Become familiar with how to develop strategies for combating sexual assault
  - Demonstrate an understanding of sexual misconduct laws
- 9. Reproductive Health: Review
  - Decide which strategies you will use to prepare for your test
  - Organize your time and study materials
  - Review your notes and all important concepts that may be covered on this test

#### 4. **Final Exam**

1. Health, Fitness, and Nutrition B Final Exam