



Personal Fitness II

Course Summary:

Personal Fitness II is a one-semester course that looks at the aspects of living a healthy and balanced life. In the first unit, students will learn the relationship between physical, mental, and social health as they explore topics including: effective communication, building healthy relationships, the effects of violence, coping mechanisms, and how to set goals. Additionally, students will learn basic first aid procedures, what to do in medical emergencies, and how to keep their homes safe. In the second unit, students will learn about infectious and noninfectious diseases, how they affect the body, and how they can be prevented. The third unit covers tobacco use, drug and alcohol abuse, and options for resisting the pressure to participate in these destructive behaviors. Throughout the course, students will be required to participate in regular physical activity and keep records of their activity. The student will be given a choice of three paths that place emphasis on lifelong activities as well as current fitness trends.

Course Outline

1. Living a Healthy Lifestyle

1. Total Health and Wellness

- Identify the components of total wellness and describe the relationship between these components
- Analyze the physical, mental, and social balance in your life
- Measure your physical, mental, and social health and identify strengths and weaknesses
- List and describe the five steps in the decision-making process
- Identify the steps in the SMART method for setting goals

2. Positive Relationships

- Define self esteem and identify ways to build self-esteem
- Define peer pressure and give examples of when it is positive and negative
- Describe ways to deal with negative peer pressure or bullying
- Identify the factors necessary for good communication
- Recognize the importance of good interpersonal communication in terms of relationships

3. Emotional Problems and Stress

- Identify stressors in everyday life
- Differentiate between eustress and distress
- Describe how stress affects your body and recognize situations when seeking help is appropriate
- Differentiate between normal feelings of anxiety and anxiety disorders
- Differentiate between normal changes in mood and mood disorders

4. Coping With Emotional Problems and Stress
 - Identify ways to cope with stress
 - Define and identify different coping and defense mechanisms
 - Identify loss and grief and describe ways to respond when someone is grieving
5. Conflict and Violence
 - Identify causes of teen violence
 - Describe the consequences of school violence
 - Define and give examples of bullying
 - Identify the four basic types of abuse
 - List and describe methods for resolving conflict
6. First Aid
 - Recognize and respond to an emergency situation
 - Identify minor and major injuries and how they are treated
 - Describe universal precautions used to keep safe while performing first aid
 - Identify the three degrees of burns and how to treat them
 - Define R.I.C.E. and recognize when to use it
7. Emergencies and Home Safety
 - Define CPR and describe when this procedure is used
 - Identify the warning signs of a heart attack, cardiac arrest, or stroke
 - Identify signs of choking and describe how to use the Heimlich maneuver
 - Identify household dangers and ways to keep the household safe
8. Unit Test
 - Demonstrate mastery of knowing components for living a healthy lifestyle

2. Disease

1. Infectious and Noninfectious Diseases
 - Define disease, and differentiate between infectious and noninfectious disease
 - Identify causes of infectious disease and how infections are spread
 - Recognize examples of infectious diseases
 - Identify types of noninfectious diseases and their causes
2. Genetic Disorders and Environmental Disease
 - Identify types of noninfectious diseases and their causes
 - Identify examples and symptoms of both genetic and environmentally-influenced noninfectious disease
 - Recognize that noninfectious diseases can sometimes be caused by a combination of genetic and environmental factors
 - Identify ways to prevent disease
3. Getting Health-Related Information
 - Identify the main health-related government agencies and programs
 - Explain the roles of various health-related government agencies and programs
4. Unit Test
 - Students will demonstrate mastery of the understanding of disease including cause, whether a disease is infectious or noninfectious, and where to get information about disease

3. Alcohol, Tobacco, and Drugs

1. Alcohol
 - Define alcoholic and identify signs of alcoholism

- Identify factors influencing teens to drink
 - Explain the dangers of drinking and driving
 - Identify reasons not to drink and practice refusal skills
 - Describe treatment for alcohol addiction
2. Tobacco
- Analyze facts about teen tobacco use
 - Identify dangerous chemicals in tobacco products and their effects on the body
 - Identify the benefits of stopping tobacco use
 - Describe some methods to quit tobacco use
3. Drug Abuse
- Differentiate between medicines and illegal drugs
 - Differentiate between drug use, misuse, and abuse
 - Identify physical effects of different drugs on the body as well as social impact
 - Describe treatment for drug abuse, where to find support, and the benefits of being drug-free
 - Demonstrate refusal skills for using drugs
4. Unit Test
- Students will demonstrate mastery of recognizing negative physical, mental, and social effects of using tobacco and abusing drugs and alcohol
4. **Final Exam**
1. Final Exam
- Demonstrate mastery of this course by completing the final exam