

Unit	Topic	Lesson	Objectives
Unit 1: Health and Wellness Basics			
	Your Health and Wellness		
	Your Fitness Log		
	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
	Fitness Basics		
	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
	Fitness 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

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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
		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
		Designing a Personal Fitness Plan	
		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
		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
		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
		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

Unit	Topic	Lesson	Objectives
	Safety and Environmental Health		
	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
	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
	Making Wise Personal-Safety Decisions		
			Develop strategies for preventing injuries at work and home
			Discuss how climate and environmental conditions can influence the safety of recreational activities
			Discuss the importance of safety precautions while engaging in water-based activities
	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		
	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
	Aging and Fitness		
			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
	Heredity and Genetics		
			Describe heredity and genetics and their role in human development
			Identify common hereditary disorders
			Analyze genetic testing and research and describe their impact on the health of people with hereditary disorders

Unit	Topic	Lesson	Objectives
	Skills for Wellness		
	Decision Making		
			Analyze influences on people’s decisions and describe the consequences of decision making
			List the steps in the decision making process
			Recommend the steps a person can take to address consequences caused by poor decision making
	Communication		
			Describe the communication process and effective and ineffective communication
			Differentiate between passive, assertive, and aggressive communication styles
			Develop speaking, listening, and nonverbal communication skills necessary for building healthy relationships
	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
	Personal Care		
			Identify strategies for personal care and hygiene that promote health
			Describe personal strategies for minimizing potential harm from exposure to the Sun
			Analyze the importance of sleep hygiene for overall health
	Skills for Personal Success		
	Time Management		
			Explain the different between free time and committed time
			List a variety of strategies for managing time
	Leadership		
			Define leadership
			List the traits, characteristics, and mannerisms associated with effective leaders
			Recognize and identify leadership styles and situations that are appropriate for using them
	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

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		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 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 2: Fitness and the Body			
		Movement in 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
			Identify the six types of joints
			Describe the relationship between joints and range of motion
		Integrated Movement	
			List external forces that provide resistance to human movement
			Describe the relationship between efficiency and energy use
			Use the principles of biomechanics to describe an integrated system of human movement

Unit	Topic	Lesson	Objectives
	Muscular Fitness		
		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
		Exploring Exercises for Muscular Fitness	
			Evaluate the differences between weight-training techniques
			Identify exercises which develop muscular strength and endurance
			Recognize myths associated with weight training
	Flexibility		
		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
		Safe and Effective Stretching	
			List guidelines for doing flexibility exercises safely
			Describe a variety of stretching exercises
			Identify stretching exercises that are harmful and should be avoided
	Cardiorespiratory Fitness		
		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

Unit	Topic	Lesson	Objectives
		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
		Physical Activity and Cardiorespiratory Fitness	
			Identify factors that influence cardiovascular and respiratory fitness levels
			Describe the affect of physical activity on the cardiovascular and respiratory system
			Demonstrate methods for assessing cardiorespiratory fitness
		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
		Cardiovascular Diseases	
			Describe common types of cardiovascular disease
			Summarize how one's lifestyle can contribute to cardiovascular disease
			List ways to identify, treat, and prevent cardiovascular disease
	Sport Selection		
		Team Sports	
			List common characteristics of team sports, including offense, defense, and officials
			Describe how participating in team sports benefits the dimensions of health
			Identify team sports that achieve health-related fitness goals in both school and outside of school
		Individual Sports	
			Explain why participating in individual sports is enjoyable and desirable
			Describe how participating in individual sports benefits the dimensions of health
			Identify individual sports that help to achieve health-related and skill-related fitness goals
		Skills and Tactics	
			Identify skills important for participating in physical activities
			Describe strategies used to play team sports
			Identify techniques for improving your performance when participating in sports
	Being Sports Ready		
		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

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		Being a Good Sport	
			Identify and apply the rules of safe sports participation
			Summarize an official's role in team sports
			Describe sports etiquette and ethics
		Diversity in Sports	
			Examine athletic limitations and differences in yourself and others
			Explore techniques for including peers of all ability levels in sports activities
			Explore sports and activities of other countries and cultures
		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 3: Health Maintenance			
		Achieving a Healthy Body Composition	
		The Digestive and Urinary Systems	
			Describe the functions and structures of the digestive system
			Describe the functions and structures of the urinary system
			Describe proper care of the digestive and urinary systems to avoid disease and problems that can occur in the urinary and digestive systems
		Healthy Body Composition	
			Define body composition and describe the importance of body fat
			Describe genetic, physiological, and lifestyle factors that influence body composition
			Identify health-related problems associated with abnormal percentages of body fat
		Determining and Controlling Body Composition	
			Describe methods for determining body composition, including Body Mass Index
			Apply the exercise principles to controlling body composition
			Analyze additional strategies for achieving or maintaining a healthy body composition

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		Diets	
			Differentiate between multiple meanings of diet
			Identify additional harmful diets and weight-loss strategies and their effects on the body
			Describe common dietary restrictions and trends
		Body Image and Eating Disorders	
			Discuss the relationship between body image and eating disorders, including the influence of the media on body image
			List the symptoms and health dangers of the most common eating disorders
			Develop a methodology for improving body image
	Nutrition		
		Food and Health	
			Analyze the relationship between nutrition, health, and wellness
			Describe the functions of the six basic nutrients in maintaining health
			Recall common nutrition terminology
		Nutritional Needs	
			Assess nutritional needs based on dietary guidelines and the Food Guide Pyramid
			Formulate healthy meal plans and snacks as part of a balanced diet
			Describe how nutritional needs change throughout the lifespan
		Guidelines for Healthy Eating	
			Analyze the information on food labels and apply it to make better food choices
			Analyze the conditions that lead to the spread of common foodborne illnesses
			Recognize common myths regarding nutrition
	Adolescent Development		
		The Endocrine and Reproductive Systems	
			Describe the functions and structures of the endocrine system
			Identify the names and functions of the parts of the female reproductive system
			Identify the names and functions of the parts of the male reproductive system
		Adolescence	
			Compare the physical changes that occur in boys and girls during adolescence
			Describe the mental and emotional changes that occur during adolescence
			Describe social changes experienced during adolescence
		Dating Relationships	
			List characteristics of a healthy and safe dating relationship
			Describe the pressures of a teen relationship
			Summarize the possible consequences of sexual activity for teens

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		Pregnancy	
			Summarize how human life begins from conception through the stages of development
			Explain the importance of proper prenatal care and nutrition during pregnancy
			Describe the stages of labor
		Abstinence and Contraceptives	
			Evaluate commonly used contraceptive methods, including abstinence, for effectiveness in preventing pregnancy
			List the advantages of abstinence, including social and emotional benefits
			Discuss refusal skills and avoidance techniques for avoiding sexual activity
		Sexually Transmitted Infections	
		Risks of Sexually Transmitted Infections	
			Describe the prevalence of sexually transmitted infections and identify why teenagers are particularly at risk for being infected
			Describe how STIs are spread from one person to another and how to prevent the spread of STIs
			Examine the responsibilities of people who think they may be infected with an STI
		Common Sexually Transmitted Infections	
			Describe the transmission, symptoms, and treatment for common STIs
			List examples of ways in which STIs can damage a person's health, including the effects on a fetus
			Examine public health policies and practices regarding the prevention and treatment of STIs
		Understanding HIV and AIDS	
			Describe how HIV infects and destroys the immune system
			Identify behaviors known to transmit HIV, and behaviors that do not transmit HIV
			Describe the process of getting tested for HIV and the treatment for HIV infections and AIDS
		Living with HIV and AIDS	
			Analyze the HIV/AIDS pandemic and strategies for improving the current global status
			Describe the challenges of a person living with HIV/AIDS
			Relate risk behaviors to the transmission of HIV and describe methods to prevent transmission
		Communicable Diseases	
		Defining Communicable Diseases	
			Identify the types of pathogens that cause communicable diseases
			Describe ways in which communicable diseases are spread
			Name common treatments for communicable diseases

Unit	Topic	Lesson	Objectives
		Preventing Communicable Diseases	
			Examine the ways the body protects itself against invading pathogens
			List ways to care for the immune system and prevent the spread of diseases
			Identify community resources available to help treat and prevent the spread of communicable diseases
		Common Communicable Diseases	
			Explain the causes, transmission, and treatment of common bacterial and viral diseases
			Explain the causes, transmission, and treatment of common fungal, protozoan, and parasitic diseases
			Determine how medical technology has affected the health status of the world
		Noncommunicable Diseases and Disabilities	
		Cancer	
			Describe the causes and types of cancer
			Explain methods for treating cancer and recognize the importance of early detection
			Identify behaviors that put an individual at risk for developing cancer
		Common Noncommunicable Diseases	
			Describe noncommunicable diseases and the causes of noncommunicable diseases
			List common hereditary diseases, immune disorders, and autoimmune diseases and methods for coping with them
			Differentiate between the types of diabetes and their causes
		Disabilities	
			Define disability and describe mental and physical disabilities
			Examine the challenges individuals with disabilities face
			Describe laws and policies designed to accommodate individuals with disabilities
Unit 4: Healthy Behaviors			
		Achieving Mental and Emotional Health	
		Evaluating Mental and Emotional Health	
			Identify characteristics of good mental and emotional health
			Describe how mental and emotional health fit into the stages of Maslow's hierarchy of needs
			Explain how personality influences a person's overall mental and emotional health
		Managing Emotions	
			Define and identify common emotions
			Compare and contrast positive and negative methods for managing emotions
			Describe the impact of emotions on overall health

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		Developing Positive Self Esteem	
			Differentiate between high and low self-esteem
			Identify factors that influence self-esteem
			List strategies for improving self-esteem
		Mental, Emotional, and Stress-Related Problems	
		Mental Health Disorders	
			Name various types of mental health disorders
			Summarize the causes of mental health disorders
			Identify types of treatment and resources available for mental health disorders
		Anxiety, Depression and Suicide	
			Identify strategies for coping with the symptoms of anxiety
			Identify strategies for coping with the symptoms of depression
			List the warning signs of suicide and determine strategies for preventing suicide
		Grieving and Loss	
			Identify different kinds of loss and their effects
			List the stages of the grieving process and how people react during each stage
			Identify resources and methods that help a person cope with grief
		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
		Relationships	
		Healthy Friendships	
			Recognize different types of peer relationships and their effects on health
			List strategies for forming, building and strengthening healthy friendships
			Discuss resolutions for common difficulties that affect friendships
		Family Relationships	
			Describe the importance of families and strategies for having health family relationships
			Examine how changes and challenges in the family impact health and wellness
			Develop strategies for preventing, avoiding, and treating abuse and violence within the family

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		Adulthood & Marriage	
			Describe the changes that occur from young adulthood to older adulthood
			Identify characteristics of successful marriages and challenges married teens may face
			Explain the responsibilities of parenthood, including how parents can promote a healthy family
		Responding to Violence and Abuse	
			Identify strategies for remaining safe at home and in the community
			Identify the causes and influences of various types of violence
			Describe how sources of conflict, violence, and abuse can be minimized
	Tobacco		
		Using Tobacco	
			Describe the harmful substances in tobacco and tobacco smoke
			Identify factors that contribute to tobacco use
			Summarize the effects of tobacco use on family, finances and society
		Dangers of Tobacco	
			Summarize the short-term and long-term health risks associated with tobacco use
			Describe the harmful effects of secondhand smoke, and the effects of tobacco on fetuses, infants and young children
			Examine laws, policies, and practices that help prevent tobacco-related disease
		Choosing a Tobacco-Free Life	
			Describe strategies, community resources and supports that make quitting smoking easier
			Describe the benefits of a tobacco-free lifestyle
			Develop strategies for refusing tobacco products
	Alcohol		
		Using Alcohol	
			Define alcohol and identify serving size and legal amounts
			Identify factors that influence decisions about alcohol use
			Examine the negative consequences of alcohol use
		Alcohol and the Body	
			Describe the short-term and long-term effects of alcohol use on the body
			Describe the harmful effects of alcohol on a developing fetus
			Describe alcoholism and its harmful affects on families and society
		Choosing an Alcohol-Free Life	
			Summarize treatment options for overcoming alcoholism
			Identify organizations involved in educating people about the dangers of alcohol
			Develop strategies for refusing alcohol

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	Medicines and Drugs		
	Drugs as Medicine		
			Describe the role of medicine in health promotion, disease prevention, and possible complications that may arise from taking them
			Differentiate between prescription and over-the-counter medicines
			List laws, policies, and practices that relate to the safe use of medicine
	Illegal Drugs		
			Differentiate between legal and illegal drugs
			Describe why and how illegal drugs are abused
			Identify commonly abused illegal drugs and their effects
	Drug Use Risks		
			Describe drug abuse and examine the health risks and consequences involved in using drugs
			Describe how drug abuse affects the decision making process
			Identify the ways that drug use and abuse negatively affect families, friends, communities, and society
	Choosing a Drug-Free Life		
			Describe schools and community strategies for preventing the use of drugs and other addictive substances
			List treatment options for drug-related addictions and alternatives to drug and substance abuse
			Develop strategies for refusing illegal drugs