

Options EHS Lifetime Fitness (Sem) 2020		Scope and Sequence
Unit	Lesson	Objectives
Introduction to Fitness		
	Your Fitness Log	
	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
	Topic Test	
Safety		
	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
	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
	Topic Test	
Fitness Fundamentals		
	Principles of Exercise	

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		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
	Topic Test	
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
Muscular Fitness		
	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
	Topic Test	
Flexibility		
	Factors Influencing Flexibility	
		Describe the characteristics of flexibility and factors that influence flexibility levels

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		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
	Topic Test	
Introduction to Sports		
	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

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	Diversity in Sports	Identify techniques for improving your performance when participating 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
	Topic Test	
Stress Management		
	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
	Topic Test	
Cumulative Review Activity		
Cumulative Exam		