Unit 1: Introduction to Health and Wellness
Lifelong Fitness, Healthy Lifestyles, Personal Health and Wellness (1.2, 2.1, 19.2, 20.1)
- lifestyle factors: getting enough rest, eating nutritious foods, maintaining a healthy weight
- lifestyle choices have the greatest influence on wellness
- risk factors that you CAN control: inactivity, smoking, eating habits, substance abuse
- risk factors that you CAN NOT control: age, gender & heredity
- benefits of physical activity: looking good, feeling good, learning better and enjoying life

Five components of health and wellness (19.1)
- intellectual, social, physical, emotional-mental & spiritual

Goal-setting and Program Planning (3.1, 3.2)
- Check your progress periodically and make any necessary adjustments.
- SMART goals: specific, measurable, attainable, realistic and timely.
- Long-term goals: may take a long time to reach, perhaps years.
- Short-term goals: can help you achieve a long-term goal; can be achieved in a short period of time.

Scientific Method (1.1)
- identify a problem, establish a hypothesis, collect information, interpret information

Unit 2: Becoming and Staying Physically Active
Principles of Training (5.1)
- FITT Formula (F) frequency: how often, (I) intensity: how hard, (T) time: how long, (T) type: of activity
- overload - requires your body to do more than it normally does for improved fitness
- progression - overload gradually
- specificity - working on one particular component of fitness

Warm-up and Cool-down benefits (1.1)
- your pulse rate can increase or decrease gradually
- prevents injury
- raises and lowers temperature of the muscles gradually
- reduces stiffness
- cool down prevents pooling of blood in extremities

Skill-Related Components of Fitness (1.2, 6.1)
- agility: the ability to maintain control of the body while changing directions
- balance: the ability to keep an upright posture while standing still or moving
- coordination: the integration of eye, hand and foot movements
- reaction time: the time it takes to react to a stimulus
- speed: the ability to cover a distance in a short time
Safety, First Aid and Injury Prevention (4.1, 20.1, 34.1, 34.2)
- Clothes for hot weather should be porous and light-colored, cold weather should be layered.
- To control bleeding of an open wound, cover it with sterile gauze and apply pressure.
- Accidents are the leading cause of death for teens.
- Muscle cramps are a possible side effect of dehydration. Heatstroke - hot, dry skin
- Hands-Only Bystander CPR: Phone 911, then Push hard and fast on the center of the chest until help arrives. There is no breathing in hands-only CPR.
- Heimlich maneuver - place your fist above the navel, preform abdominal thrust in and upward
- R.I.C.E - rest, ice, compression and elevation

Concussions (6.2)
- a brain injury that occurs when a blow to the head causes the brain to crash into the bones of the skull
- more prevalent in collision sports
- repeated concussions increase a person’s risk of suffering permanent damage

Unit 3: Health-Related Components of Fitness
Six parts of Health-Related Fitness with (FitnessGram Assessments) (1.2, 2.1, 8.1)
- cardiorespiratory endurance (PACER)
- strength (push-ups & curl-ups)
- muscular endurance (push-ups & curl-ups)
- flexibility (sit and reach)
- body composition (BMI and skinfold measurements)
- power: combination of strength and speed (knees-to-feet)

Cardiorespiratory Fitness (7.1, 8.1, 8.2, 9.1)
- cardiorespiratory fitness- ability of the heart and lungs and circulatory system to supply the nutrients necessary for prolonged work or activity
- cardiorespiratory system- includes the heart, lungs, blood, blood vessels and muscles.
- aerobic activities improve cardiorespiratory fitness- with oxygen (ex: a long distance runner)
- anaerobic activities- without oxygen (example a sprinter)
- Target Heart Rate- must be reached to achieve cardiorespiratory training effects
- Training Heart Rate Zone- consists of the range between the lower level of your target heart rate and the upper level
- Maximum (maximal) Heart Rate- is calculated by 220 minus your age (220-age=MHR)
- Resting Heart Rate-lowers with better cardiorespiratory fitness (60 - 80 BPM)
- normal blood pressure- 119/79
- 60 minutes of daily physical activity for teens is recommended by National Guidelines

Muscular Strength and Endurance (6.2, 10.1, 10.2)
- endurance- amount of force put forth for long periods without tiring
- hypertrophy- increase in muscle size
- cartilage- serves as a buffer between two bones, ligament- connects bone to bone
- tendon- connects muscle to bone
- safety- warm up, use full range of motion, have a spotter, and breathe through the lift
- reps (repetitions) number of consecutive times you do an exercise, set – one group of reps
- resistance training – most effective method for building muscular fitness
Flexibility (12.1)
- flexibility - ability to move the joints through a full range of motion
- 4 types of stretching:
  1. dynamic: stretching using movements
  2. ballistic: a series of gentle bouncing
  3. static stretching: slow stretching without pain (hold 10-30 seconds)
  4. PNF: contracting the muscle before you stretch it to help the muscle relax so it can be more easily stretched

Power (1.2)
- changed from a Skill-Related Component of Fitness to a Health-Related Component of Fitness

Body Composition (13.1, 22.2)
- Lean Body Mass is muscle tissue, and other nonfat tissue such as bones, ligaments and tendons.

**Unit 4: Relationships**

Skills for Healthy Relationships (29.2)
- Assertive behavior involves making a firm verbal statement that lets another person know how you feel. Remove yourself from “risky” situations.
- Three steps to help you be assertive and use refusal skills: state your position, suggest an alternative activity and stick with your position.
- Bullying involves an imbalance of power between a bully and his or her victims.
- Cyberbullying involves electronic technology; such as cell phones, computers, tablets and social media sites.

Teen Date Violence (29.2 and teacher resource handout on the bulletin board)
- 1 in 5 teens report physical, emotional, or sexual abuse from a dating partner each year
- Types of abuse:
  1. Physical: hitting, kicking, and shoving,
  2. Emotional: name calling, shaming, bullying, embarrassing, keeping partner away from family and friends.
- Basic signs that a relationship is in trouble include: manipulation, put-downs, excessive control over the partner’s behavior, jealousy and possessiveness, scaring or threatening the partner and general lack of respect.

**Unit 5: Infectious Disease and Sexual Health**

Birth Control, Conception and Pregnancy (HK Supplement, 23.1)
- Symptoms of PMS (premenstrual syndrome) - include irritability, weight gain, and depression.
- During a 28 day menstrual cycle, day 13 or 14 is the day conception would most likely occur.
- Abstinence - the only method of birth control 100% effective against STD’s, AID’s & pregnancy.
- BSE (Breast) and TSE (Testicular) Self-Exam should be done once a month.

STI’s, STD’s and HIV (HK Supplement, 23.1)
- Genital herpes can affect the mouth and genitals. The virus can spread in the absence of symptoms.
- Hepatitis - spread through sexual contact, or sharing infected needles and attacks the liver.
• Herpes- Most people with genital herpes have no symptoms, and may have outbreaks throughout their life.
• Chlamydia is a bacterial infection that affects the reproductive organs of both males and females.
• Contracting an STD puts a female at risk for sterility.
• HIV Facts: attacks the immune system disabling its defenses, can be transmitted by tattooing/piercing, and using an infected needle, HIV cannot be transmitted while donating blood.