

# School District of Springfield Township

## Springfield Township Middle School Course Overview

**Course Name: Personal Health and Fitness**

**Grade level: 8**

### Unit Titles

Unit 1: Looking Good-Feeling Good

Unit 2: Components of Fitness

Unit 3: Goal Setting for Teenagers

Unit 4: Guidelines for Exercise

Unit 5: Principles of Training

Unit 6: Flexibility

Unit 7: Cardiovascular Fitness

Unit 8: Muscular Fitness

Unit 9: Nutrition

Unit 10: Body Composition and Weight Control

Unit 11: Consumer Issues

Unit 12: Evaluation of Activities

Unit 13: Designing Your Own Program

### Essential Questions

1. What is the relationship between personal fitness and looking good and feeling good?
2. How do goal setting and journaling about personal health and fitness contribute to life-long health habits?
3. What is the relationship between The Five Components of Fitness and life-long healthy living?
4. How can designing a personal fitness program lead to a life-long commitment to personal health and wellness?
5. How can recognizing facts, fads and myths related to personal fitness help determine the validity of health products and services?
6. How can continuous evaluation of activities and goals improve self-motivation towards a life-time of personal fitness?

### Big Ideas/Enduring Understandings/Concepts

- There is a clear relationship between personal fitness and looking good and feeling good.
- Goal setting and journaling contribute to life-long health habits.
- There is a clear relationship between The Five Components of Fitness and life-long healthy living.
- It is important to develop a personal fitness program.

- Facts, fads and myths related to personal fitness help to determine the validity of health products and services.
- Principles of training
- Environmental factors like drug use and abuse can deter goals.

### **Key Competencies/Skills/Procedures**

- Define physical fitness and body image
- Set goals
- Journal
- Define the components of fitness.
- Match exercise to each component of fitness
- Design a personal fitness program
- Recognize facts/myths/fads
- Self-evaluate techniques
- Utilize fitness equipment properly
- Utilize the food pyramid as a guide to healthy eating and weight control
- Use technology to enhance fitness programs
  - Heart rate monitor
  - Computerized personal fitness plans

### **Core Vocabulary**

#### Unit 1: Looking Good and Feeling Good

*physical fitness, health risk factors, inactivity, obesity, cholesterol, diabetes, body image, wellness, personal fitness program (PFP)*

#### Unit 2: Components of Fitness

*health-related fitness, skill-related fitness, flexibility, cardiovascular fitness, muscular strength, muscular endurance, body composition, body mass index (BMI), agility, balance, power, reaction time, coordination, speed, norm-referenced tests, criterion-referenced tests, health-related fitness standards*

#### Unit 3: Goal setting for Teenagers

*goal setting, long-term goals, short-term goals, timelines, desire, obstacle*

#### Unit 4: Guidelines for Exercise

*hyperthermia, heat cramps, heat exhaustion, heat stroke, hypothermia, warm-up, cool-down, shin splint, stitch in the side, diaphragm*

#### Unit 5: Principles of Training

*principle of overload, FIT, frequency, intensity, time, principle of progression, principle of specificity*

#### Unit 6: Flexibility

*joint, ligament, muscle, tendon, static stretching, dynamic stretching, PNF stretching, ballistic stretching*

Unit 7: Cardiovascular Fitness

*pulse, resting heart rate, recovery heart rate, blood pressure, atherosclerosis, maximum heart rate, target heart rate, aerobic, anaerobic*

Unit 8: Muscular Fitness

*atrophy, slow-twitch fibers, intermediate-twitch fibers, fast-twitch fibers, concentric movement, eccentric movement, isometric exercises, isotonic exercises, isokinetic exercises, resistance, repetition, set*

Unit 9: Nutrition

*proteins, amino acids, carbohydrates, Glycemic index, saturated fats, unsaturated fats, Omega-3 fatty acids, trans fats, HDL, LDL, minerals, fat-soluble vitamins, water-soluble vitamins, antioxidants, basal metabolism*

Unit 10: Body Composition and Weight Control

*somatotype, endomorph, mesomorph, body composition, lean body mass, overweight, obese, ideal body weight, creeping obesity, anorexia nervosa, bulimia, spot reduction*

Unit 11: Consumer Issues

*consumer, advertising, fraudulent, diuretics, edema, anabolic steroids, personal trainer*

Unit 12: Evaluation of Activities

*planned programs, high-impact aerobics, low-impact aerobics, calisthenics, interval training, sports skills activities, lifetime sports*

Unit 13: Designing You Own Program

*lifestyle choices, periodic assessment*

**Core Resources**

*Personal Fitness: Looking Good, Feeling Good.* Kendall/Hunt Publishing. 2005.

*Personal Fitness: Looking Good, Feeling Good; Student Activity Book.* Kendall/Hunt Publishing. 2005.

**Pennsylvania State Standards and/or Keystone Anchor Standards Guiding Course**

10.1.6 Concepts of Health – A, B, C, E

10.2.6 Healthful Living – A, B, C, D, E

10.4.6 Physical Activity – A, B, C, D, E, F

10.5.6 Concepts, Principles and Strategies of Movement – A, B, D, E, F

10.1.9 Concepts of Health – A, B, C, E

10.2.9 Healthful Living – A, B, C, D, E

10.4.9 Physical Activity – A, B, C, D, E, F

10.5.9 Concepts, Principles and Strategies of Movement – A, B, D, E, F

Prepared March 2009-ME, JM

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