



Health and Physical Education 9

Semester A Summary:

This is the first of two courses that comprise Health, Fitness, and Nutrition. In this course, the student will study a variety of health-related topics and learn the benefits of fitness. The student will gain a new awareness of his own fitness level and nutritional needs. The student will also learn how to adopt long-term, healthy habits and lifestyle changes to improve and inspire his overall state of well being.

This course will also teach the student how fitness can influence one's self image and will help him to understand the value of respecting his own body. The student will explore the dangers of alcohol and drug use and develop social strategies to avoid peer pressure. The student will also examine such things as eating disorders, prevention of injury, and first aid.

Semester A Outline

1. Health and Wellness

1. Health, Wellness, and the Importance of Fitness
 - Examine the impact of environmental health issues on local communities.
2. Risk Factors
 - identify common chronic diseases based on their description
 - evaluate risk factors for common diseases and develop prevention strategies
 - analyze the spread of diseases, and develop personal prevention strategies
 - explain herd immunity and the importance of immunizations
 - identify the importance of vision, hearing, and dental health
3. Fitness Factors
4. Using Motor Skills Portfolio
 - Demonstrate proficiency and refinement in locomotor, non-locomotor, and manipulative skills
5. Fitness Testing
6. Components of Fitness
7. Guidelines for the Exercise Session
8. Understanding How Joints Move
9. Understanding Flexibility
10. Stretching Exercises
11. Mind-Body Conditioning and Awareness

2. Strengthen your Muscles

1. Anatomical Structure of the Heart and How it Works
2. Blood Pressure
3. Muscle Fibers
4. The Muscles
5. Circulation and Exercise
6. Developing Muscular Strength and Endurance

7. Weight Training
 8. Aerobic Training Benefits
 9. Exercise's Effect on Mental and Physical Health
3. **Final Exam**
1. Health, Fitness, and Nutrition A Final Exam

Semester B Summary:

In the Health, Fitness, and Nutrition course, the student will study a variety of health-related topics and learn the benefits of fitness. The student will gain a new awareness of his own fitness level and nutritional needs. The student will also learn how to adopt long-term, healthy habits and lifestyle changes to improve and inspire his overall state of well being. This course will also teach the student how fitness can influence one's self image and will help him to understand the value of respecting his own body. The student will explore the dangers of alcohol and drug use and develop social strategies to avoid peer pressure. The student will also examine such things as eating disorders, prevention of injury, reproductive health, and first aid.

Semester B Outline

1. Building a Healthy Body

1. Nutrition and Staying Healthy
 - Determine if your daily goals for including vitamins and minerals in your diet are being met
 - Create one or more S. M. A. R. T. goals for including enough vitamins and minerals in your diet
 - Develop a plan to meet your S. M. A. R. T. dietary goal(s)
2. The Importance of Hydration
3. Sports Nutrition Myths
4. Fad Diets
 - Explain organic, fresh, farm-raised, "lite", low-fat, and fat-free foods
 - Determine community resources for purchasing locally grown/sourced foods
 - Describe careers associated with healthy food choices
5. Eating Disorders
 - Find and share mental health resources related to eating disorders.
6. Stress Management
 - Describe causes and effects of sleep deprivation and extended screen time
 - Describe the positive and negative effects of social media and of sharing personal information online
 - Create strategies to balance technology use with offline activities
7. Healthy Relationships
 - Describe what gangs are
 - Describe risky behaviors caused by gang involvement
 - Determine the risks of gang involvement
 - Understand the consequences of gang involvement
8. Enjoying Team Sports
 - Analyze the risks and safety factors that impact life choices, economics, motivation, and accessibility on exercise adherence and participation in a chosen team sport.
 - Compare the benefits of team sports versus individual sports.
 - Explain proper etiquette, respect for the differences of others, integrity,

- safety, and teamwork while engaging in a variety of physical activities.
- Explain how physical activities can teach positive social skills and be opportunities for social support.
- Apply problem-solving and conflict resolution skills during physical activity.

9. Drugs and Alcohol

- Explain consequences of binge drinking
- Create personal standards to resist harmful substances and behaviors
- Support ways to report peer substance use to an adult
- Create a personal plan to prevent substance abuse
- Conduct research on the consequences of drug abuse
- Examine behaviors linked to addiction and mental health

2. **Developing an Exercise Plan**

1. Injury Prevention and Exercising Safely

2. Sport Safety

3. Exercise Myths

4. The Importance of First Aid

- Identify signs and symptoms of a concussion
- Promote reporting symptoms to prevent brain injury
- Demonstrate common first aid skills
- Explain actions, behaviors, and signs that may indicate a threat
- Identify ways to respond and report threats

5. Exercise for Medical Conditions

6. The Importance of Proper Exercise Attire

7. Forces and Motion

- Apply the concepts and principles of levers, force, motion, and rotation in a variety of activities

8. Designing Your Exercise Program

9. Staying Motivated

- Design a wellness plan that includes strategies for adequate sleep and rest

10. Selecting a Fitness Facility

11. Family Life and Education and Your Community

- Create a plan to positively impact your health and maintain a healthy lifestyle free of health-related social issues
- Support global environmental health and disease prevention

3. **Reproductive Health**

1. Introduction to Reproductive Health

- Identify the focus of the reproductive health unit
- Demonstrate an understanding of how decisions can have long term effects

2. The Reproductive Systems

- Become familiar with the male and female reproductive systems
- Become familiar with reproductive health habits
- Identify factors that affect the endocrine system
- Identify behaviors that protect the endocrine system

3. How We Are Born

- Demonstrate an understanding of conception and pregnancy
- Demonstrate an understanding of fetal development
- Demonstrate an understanding of the birth process

4. Responsibilities of Marriage

- Identify the characteristics of a successful marriage
- Identify the characteristics of a successful parent

5. Abstinence and Contraception

- Demonstrate an understanding of family planning after marriage
6. Responsible Dating
 - Identify healthy dating skills
 - Become familiar with how to develop strategies for combating sexual assault
 - Demonstrate an understanding of sexual misconduct laws
4. **Final Exam**
 1. Health, Fitness, and Nutrition B Final Exam