

CHINO VALLEY UNIFIED SCHOOL DISTRICT
INSTRUCTIONAL GUIDE
HEALTH & FITNESS

Course Number	3137
Department	Elective
Length of Course	12-18 weeks
Grade Level	7-8
Board Approval	July 14, 2011

Description of Course – Health and fitness education is a continuum of learning experiences that enables students, as individuals and as members of society, to make informed decisions, modify behaviors, and change social conditions in ways that are health enhancing and increase health literacy. The health and fitness education standards signify the essential skills and knowledge that all students need to become both health conscious and personally healthy. The health and fitness education standards represent a strong consensus of the essential knowledge and skills that students should know in grades seven and eight in California's public schools. The focus in the health and fitness education standards is on teaching the skills that enable students to make healthy choices and avoid high-risk behaviors. Students will use the knowledge gained in this course to design their own fitness program and will implement their individualized program during this course.

Rationale for Course – This course supports the district's implementation of the Wellness Policy (2006) and provides students an essential overview to health and fitness concepts. In addition, this course prepares students for the high school Health course, which is a Chino Valley Unified School District graduation requirement.

Standard 1 – Students understand the effects of nutrition and physical activity on health.

- 1.1 Objective: Comprehend essential concepts of nutrition as they relate to enhancing health.
 - 1.1.1 Performance Indicator: Students will describe the short and long term impact of nutritional choices on health.
 - 1.1.2 Performance Indicator: Students will analyze the caloric and nutritional value of foods and beverages.
 - 1.1.3 Performance Indicator: Students will describe the benefits of eating a variety of foods high in iron, calcium, and fiber.
 - 1.1.4 Performance Indicator: Students will identify the impact of nutrition on chronic disease.

- 1.1.5 Performance Indicator: Students will analyze the cognitive and physical benefits of eating breakfast daily.
- 1.2 Objective: Comprehend the essential concepts of physical activity as they relate to enhancing health.
 - 1.2.1 Performance Indicator: Students will examine the role of lifelong fitness activities in maintaining personal fitness, blood pressure, weight, and percentage of body fat.
 - 1.2.2 Performance Indicator: Students will identify ways to increase daily activity.

Standard 2 – Students understand influences on their health and how to make decisions to enhance their health.

- 2.1 Objective: Comprehend the essential concepts of physical activity as they relate to enhancing health.
 - 2.1.1 Performance Indicator: Students will use a decision making process to evaluate daily food intake for nutritional requirements.
 - 2.1.2 Performance Indicator: Students will identify recreational activities that increase physical activities.
 - 2.1.3 Performance Indicator: Students will be able to contrast healthy and risky approaches to weight management.
- 2.2 Objective: Demonstrate the ability to analyze internal and external influences on nutrition and fitness.
 - 2.2.1 Performance Indicator: Students will describe the influence of culture and media on body image.
 - 2.2.2 Performance Indicator: Students will evaluate internal and external influences on food choices.

Standard 3 – Students assess and maintain a level of physical activity to improve health and fitness.

- 3.1 Objective: Comprehend how to assess current level of health and fitness.
 - 3.1.1 Performance Indicator: Students will be able to assess one's own muscle strength, muscle endurance, aerobic capacity, flexibility, and body composition by using scientifically based health related fitness assessment.

- 3.1.2 Performance Indicator: Students will explain how to use a Body Mass Index (BMI) score as a tool for measuring general health.
- 3.1.3 Performance Indicator: Students will evaluate individual measures of physical fitness in relationship to patterns of physical activity.
- 3.2 Objective: Demonstrate how to maintain a level of physical fitness to improve health and fitness.
 - 3.2.1 Performance Indicator: Students will develop individual goals, from research based standards, for each of the five components of health related physical fitness.
 - 3.2.2 Performance Indicator: Students will plan a weekly personal physical fitness program in collaboration with the teacher.
 - 3.3.3 Performance Indicator: Students will participate in moderate to vigorous activity through implementing physical fitness program.
 - 3.3.4 Performance Indicator: Students will assess periodically the attainment of, or progress toward, personal physical fitness goals and make necessary adjustments to a personal physical fitness program.

Standard 4 – Students demonstrate knowledge of physical fitness concepts and how to improve personal health through physical activity.

- 4.1 Objective: Comprehend principles and strategies to enhance health through physical activity.
 - 4.1.1 Performance Indicator: Students will develop a one week personal physical fitness plan specifying the proper warm up and cool down activities and the principles of exercise for each component of health related physical fitness.
 - 4.1.2 Performance Indicator: Students will identify physical activities that are effective in improving each of the health related physical fitness components.
 - 4.1.3 Performance Indicator: Students will identify appropriate physical activities that can be performed if one's physical fitness program is disrupted by inclement weather, travel from home or school, or a minor injury.
 - 4.1.4 Performance Indicator: Students will match personal preferences in physical activities with each of the five components of health related physical fitness.

- 4.1.5 Performance Indicator: Students will explain the effects of physical activity on heart rate during exercise, during the recovery phase, and while the body is at rest.
- 4.1.6 Performance Indicator: Students will describe the role of physical activity and nutrition in achieving physical fitness.
- 4.1.7 Performance Indicator: Students will explain the effects of nutrition and participation in physical activity on weight control, self concept, and physical performance.

Standard 5 – Students demonstrate and utilize knowledge of psychological and sociological concepts that pertain to health and fitness.

- 5.1 Objective: Comprehend principles and strategies that apply to the learning and performance of physical activity.
 - 5.1.1 Performance Indicator: Students will accept responsibility for individual improvement.
 - 5.1.2 Performance Indicator: Students will demonstrate an acceptance of differences in physical development and personal preferences as they affect participation in physical activity.
 - 5.1.3 Performance Indicator: Students will identify and evaluate three preferences for lifelong physical activity and determine one's responsibility for developing skills, acquiring knowledge of concepts, and achieving fitness.