

Title		Suggested Dates
Nutrition / Types of Exercise		April 19 – May 7 (15 days)

The resources included here provide teaching examples and/or meaningful learning experiences to address the District Curriculum. In order to address the TEKS to the proper depth and complexity, teachers are encouraged to use resources to the degree that they are congruent with the TEKS and research-based best practices. Teaching using only the suggested resources does not guarantee student mastery of all standards. Teachers must use professional judgment to select among these and/or other resources to teach the district curriculum.

Knowledge & Skills with Student Expectations	Specificity & Examples	Suggested Resources (Read the note above)
Nutrition		
FoPF 3 Physical Activity and Health. The student applies safety practices associated with physical activity. The student is expected to:		
3c explain the relationship between fluid balance, physical activity, and environmental conditions such as loss of water and salt during exercise	Such as the addition of fluids during and before exercise as compared to the normal recommended daily requirements, and the effects of exercising in hot and humid weather, high ozone action days, and the effects of environmental factors on student’s with asthma	
3d identify the effects of substance abuse on physical performance	Such as the effects on reaction time, endurance, & physical atrophy	
FoPF 4 Physical Activity and Health. The student applies fitness principles during a personal fitness program. The student is expected to:		
4a explain the relationship between physical fitness and health	Such as life expectancy and lowering of chances for contracting various chronic diseases such as various forms of cancer, diabetes, & heart disease	
4g design and implement a personal fitness program	Including nutrition, weight loss/gain, weight training, flexibility and cardiovascular exercise based on individual needs	
4h evaluate consumer issues related to physical fitness such as marketing claims promoting fitness products and services	Such as nutritional enhancements, fad diets, guaranteed quick fixes, weight loss surgeries, and information on exercise equipment	
FoPF 5 Physical Activity and Health. The student comprehends practices that impact daily performance, physical activity, and health. The student is expected to:		
5c explain how over training may contribute to negative health problems such as bulimia and anorexia	Such as depression, stress fractures, eating disorders, drug abuse, and obsessive compulsive disorder behaviors.	

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5d Analyze the relationship between sound nutritional practices and physical activity	Such as increased energy levels, lower levels of depression and stress, bone and body health, and prevention or reduction in the number of early onset of various diseases such as diabetes, heart disease, and osteoporosis Such as understanding the nutritional value in food	
5e explain myths associated with physical activity and nutritional practices	Such as fad diets, women & weight training, and guaranteed weight loss/gain methods	
5f analyze methods of weight control such as diet, exercise, or combination of both	Such as calorie counting, low carbohydrate-low fat diets, exercise programs, knowledge of daily and healthy nutritional needs	
Types of Exercise		
FoPF 1 Movement. While participating in physical activity, the student applies physiological and biomechanical principles to improve health-related fitness. The student is expected to:		
1a apply physiological principles related to exercise and training such as warm-up/cool down, overload, frequency, intensity, specificity, or progression		
1b apply biomechanical principles related to exercise and training such as force, leverage, and type of contraction	Such as weight training, running, and plyometrics	
FoPF 2 Social Development. During physical activity, the student develops positive self-management and social skills needed to work independently and with others. The student is expected to:		
2a apply rules, procedures, and etiquette	Such as sportsmanship, courtesy, respect for others, and accepting decisions of officials without complaint or body language	
2b recognize and resolve conflicts during physical activity		
FoPF 3 Physical Activity and Health. The student applies safety practices associated with physical activity. The student is expected to:		
3a demonstrate safety procedures such as spotting during gymnastics and using non-skid footwear	Including safety during weight training and wearing appropriate clothing for the activity and weather conditions	
3b describe examples and exercises that may be harmful or unsafe	Such as improper alignment in weight lifting form, various techniques in skill performance and stretching, and unsafe spotting practices	

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3c explain the relationship between fluid balance, physical activity, and environmental conditions such as loss of water and salt during exercise	Such as the addition of fluids during and before exercise as compared to the normal recommended daily requirements, and the effects of exercising in hot and humid weather, high ozone action days, and the effects of environmental factors on student's with asthma	
3d identify the effects of substance abuse on physical performance	Such as the effects on reaction time, endurance, & physical atrophy	
FoPF 4 Physical Activity and Health. The student applies fitness principles during a personal fitness program. The student is expected to:		
4a explain the relationship between physical fitness and health	Such as life expectancy and lowering of chances for contracting various chronic diseases such as various forms of cancer, diabetes, & heart disease	
4b participate in a variety of activities that develop health-related physical fitness activities including aerobic exercise to develop cardiovascular efficiency	Such as weight training, interval training, circuits, stations, aerobics, yoga, jogging and walking	
4c demonstrate the skill-related components of physical fitness such as agility, balance, coordination, power, reaction time, and speed		
4d compare and contrast health-related and skill-related fitness	Such as health- related skills can be changed by working skill related fitness in activities such as games, group activities, and weight training	
4e describe methods of evaluating health-related fitness such as Cooper's 1.5 mile run test	Such as heart rate monitors, BMI, flexibility, strength and endurance tests (FitnessGram)	
4f list and describe the components of exercise prescription such as overload principle, type, progression, or specificity	Such as showing how the type of exercise, intensity of exercise, and specific exercises will influence the results and outcome of intended goals for a fitness program	
4g design and implement a personal fitness program	Including nutrition, weight loss/gain, weight training, flexibility and cardiovascular exercise based on individual needs	
FoPF 5 Physical Activity and Health. The student comprehends practices that impact daily performance, physical activity, and health. The student is expected to:		
5a investigate positive and negative attitudes towards exercise and physical activities	Such as women in sports, lifestyle changes, weight loss/gain and attitudes relating to certain activities	
5b describe physical fitness activities that can be used for stress reduction	Such as yoga, imagery, breathing techniques, and outdoor activities such as jogging, walking, or biking	
5e explain myths associated with physical activity and nutritional practices	Such as fad diets, women & weight training, and guaranteed weight loss/gain methods	