**Curricular Design Objectives**

**Health-Related Fitness**

**Subunit One: Cardio-Respiratory Fitness**

* Student will be able to define cardio-respiratory fitness.
* Student will be able to identify the body systems involved in cardio-respiratory fitness (heart, lungs, blood vessels).
* Student will be able to identify activities that increase cardio-respiratory fitness.
* Student will be able to categorize cardio-respiratory activities into aerobic and non-aerobic categories.
* Student will be able to describe how cardio-respiratory fitness benefits the body physically, mental-emotionally, and/or socially.
* Student will be able to describe methods for evaluating their cardio-respiratory fitness.
* Student will be able to determine their cardio-respiratory fitness level from the results of a Fitnessgram aerobic fitness test.
* Student will understand how to apply the FITT principle and training principles to improve and/or maintain their cardio-respiratory fitness levels.
* Student will be able to design a cardio-respiratory fitness program to accomplish a goal to increase their cardio-respiratory fitness levels.

**Subunit Two: Muscular Strength and Endurance**

* Student will be able to define muscular strength and endurance
* Student will be able to identify the major muscles of the body (i.e. biceps, triceps, rectus abdominus, quadriceps)
* Student will be able to identify exercises and activities that increase muscular strength and endurance.
* Student will be able to explain how muscular strength and endurance benefits the body physically, mental-emotionally, and/or socially.
* Student will be able to describe methods for evaluating muscular strength and endurance.
* Student will be able to determine the strength of various muscle groups from results of Fitnessgram and/or other fitness tests.
* Student will understand how to apply the FITT principle and training principles to improve and/or maintain their muscular strength and endurance levels.
* Student will be able to design a muscular strength and endurance fitness program to accomplish a goal to increase muscular strength and endurance levels.

**Subunit Three: Flexibility**

* Student will be able to define flexibility.
* Student will be able to identify exercises and activities that increase flexibility.
* Student will be able to explain how flexibility benefits the body physically, mental-emotionally, and/or socially.
* Student will be able to describe methods for evaluating flexibility.
* Student will be able to determine the flexibility of various muscle groups from results of Fitnessgram and/or other fitness tests.
* Student will understand how to apply the FITT principle and training principles to improve and/or maintain their flexibility.
* Student will be able to design a flexibility fitness program to accomplish a goal to increase flexibility.

**Subunit Four: Body Composition**

* Student will be able to define body composition.
* Student will be able to identify exercises and activities that positively effect body composition.
* Student will be able to explain how appropriate body composition benefits the body physically, mental-emotionally, and/or socially.
* Student will be able to describe how nutrition and eating habits affect body composition.
* Student will be able to describe methods for evaluating body composition.
* Student will be able to determine their body composition from results of BMI, electrical impedance, skin folds, or other body composition tests.
* Student will understand how to apply the FITT principle and training principles to improve and/or maintain their body composition levels.
* Student will be able to design a fitness program to accomplish a goal to reach ideal body composition level.