

SUBJECT: Physical Education

GRADE LEVEL: 9-12

COURSE TITLE: Health Opportunities Through Physical Education

COURSE CODE: 3026010

SUBMISSION TITLE: Health Opportunities Through Physical Education

BID ID: 2753

PUBLISHER: Human Kinetics, Inc.

PUBLISHER ID: 37106457101

BENCHMARK CODE	BENCHMARK	LESSONS WHERE BENCHMARK IS DIRECTLY ADDRESSED IN-DEPTH IN MAJOR TOOL (Include the student edition and teacher edition with the page numbers of lesson, a link to lesson, or other identifier for easy lookup by reviewers.)
HE.912.B.4.2:	Assess refusal, negotiation, and collaboration skills to enhance health and avoid or reduce health risks. Remarks/Examples Validate other's opinions, use direct statement, use active statement, and offer alternatives.	306 (Overcoming Barriers) 277 (Finding social support) 417 (Helping Others in Physical Activity) 418 (Conflict Resolution) 419 (Team Building) 54 (Table 2.1, rows in table: Finding social support, Resolving conflicts) 345 (Table 14.3, rows in table: Finding social support, Resolving conflicts) 384 (Cooperative Games) 346 (Changing negative attitudes: web icon for Maintaining Active Lifestyles, Lesson 2, web topic 3) 410 (Bullying: web icon for Social Interactions in Physical Activity, Lesson 1, web topic 4) 434 Living Well News: Do the Rich Get To Be Healthier (For Discussion) 528 Emotional Wellness 608 Connect (health care consumerism) 592-593 Assertiveness 593 Healthy Communication (feature) 630-631 Resisting Negative Peer Pressure 631-632 Bullying 638 Making Healthy Decisions: Conflict Resolution 641 Take It Home 704 Healthy Communication 714-715 Making Healthy Decisions: Building Refusal Skills

<p>HE.912.B.4.3:</p>	<p>Demonstrate strategies to prevent, manage, or resolve interpersonal conflicts without harming self or others.</p> <p>Remarks/Examples Effective verbal and nonverbal communication, compromise, and conflict-resolution.</p>	<p>409 (Etiquette in Physical Activity) 409-410 (Diversity: Respect for Others) 418 (Conflict Resolution) 419 (Team Building) 54 (Table 2.1, rows in table: Finding social support, Resolving conflicts) 345 (Table 14.3, rows in table: Finding social support, Resolving conflicts) 384 (Cooperative Games) 405 (Leadership and Sportsmanship: web icon for Social Interactions in Physical Activity, Lesson 1, web topic 2) 410 (Bullying and Sportsmanship: (web icon for Social Interactions in Physical Activity, Lesson 1, web topic 4) 433 Healthy Communication (feature) 464 Living Well News: Do the Rich Get To Be Healthier (For Discussion) 470 Healthy Communication (feature) 525 Thinking Critically 608 Connect (health care consumerism) 592 Assertiveness 593 Healthy Communication (feature) 626 Healthy Communication (feature) 638-639 Making Healthy Decisions/Skills for Healthy Living: Conflict Resolution</p>
----------------------	---	--

<p>HE.912.B.4.4:</p>	<p>Analyze the validity of ways to ask for and offer assistance to enhance the health of self and others.</p> <p>Remarks/Examples</p> <p>Verbal and written communication, active listening, and how to seek help for a friend.</p>	<p>125 (Science in Action: Feedback) 125 (Communication: bulleted paragraph) 230 (Practice Proper Exercise and Spotting) 277 (Skills for Finding Social Support) 283 (Rehabilitation from Injury and Medical Problems) 283 (Fit Fact: Physical Therapist) 349 (Skills for Building Positive Attitudes) 383 (Skills for Developing Tactics) 306 (Skills for Overcoming Barriers) 314 (Anorexia Nervosa) 314 (Fit Fact: Overweight Teens) 445 Take It Home (Chapter Review) 465 Thinking Critically (Chapter Review) 480 Take It Home (Chapter Review) 503 Thinking Critically (Chapter Review) 525 Take It Home (Chapter Review) 536-537 Mood Disorders and Figure 24.2 536 Healthy Communication (feature) 541 Making Healthy Decisions/Skills for Healthy Living: Providing Social Support 613 Self-care 569 Take It Home (Chapter Review) 593 Avoidance Decision Making 641 Take It Home (Chapter Review) 679 Take It Home (Chapter Review) 694-695 Making Healthy Decisions/Skills for Healthy Decisions: Finding Social Support 697 Take It Home (Chapter Review) 717 Take It Home (Chapter Review) 729 Recognizing and Preventing Violence 477 Chapter 21.2: Topic 2: Accountability</p>
----------------------	---	---

<p>HE.912.B.5.1:</p>	<p>Determine the value of applying a thoughtful decision-making process in health-related situations.</p> <p>Remarks/Examples</p> <p>Defining healthy boundaries and relationships, sexual activity, alcohol consumption, organ-donor decisions, child care, protection against infectious agents, wellness promotion, and first-aid-treatment options.</p>	<p>11-12 (Scientific Method) 81-82 (Medical Readiness) 82-85 (Readiness for Extreme Environmental Conditions) 96-97 (Reducing Risk Factors) 96 (Academic Connection: Statistics (discussion of blood pressure)) 102-103 (FITT Formula) 110-111 (Fitness Standards and Rating Categories) 132-134 (Common Injuries and Preventing Injury) 135-137 (Risky Exercises) 257 (Science in Action: Mechanics of Lifting) 361-363 (Evaluating Health Clubs) 363 (Evaluating Books and Articles) 363-364 (Evaluating Exercise Videos) 364-365 (Evaluating Internet Resources) 366-367 (Learning to Think Critically) 73 (Consumer Corner: Too Good to Be True: web icon for Program Planning, lesson 2, web icon 3) 365 (Who can you trust? Fitness information on the web: web icon for Evaluating Health Clubs, Equipment, Media, and Internet Materials, lesson 2, web icon 3) 38-39 (Social and Individual Determinants) 92 (Risk factors: web icon for Health and Wellness Benefits, lesson 2, web icon 4) 441-442 Making Healthy Decisions/Skills for Healthy Living: Self-Assessment 448-455 Healthy Lifestyle Choices (and all sub-headings) 462-463 Making Healthy Decisions/Skills for Healthy Living: Goal Setting 474-477 Lesson 3.2: Planning for Healthy Living 478-479 Making Healthy Decisions/Skills for Healthy Living: Self-Planning 493 Connect (organ donation) 500-501 Making Healthy Decisions/Skills for Healthy Living: Self-confidence 505 Methods of Transmission 516 Health Technology (Connect) 523 Making Healthy Decisions/Skills for Healthy Living: Identifying Risk Factors 541 Making Healthy Decisions/Skills for Healthy Living: Providing Social Support</p>
----------------------	---	---

HE.912.B.5.1: (continued)		<p>642 Living Well News: Teens Under the Knife 618-619 Making Healthy Decisions/Skills for Healthy Living: Critical Thinking 565-566 Making Healthy Decisions/Skills for Healthy Living: Self-Monitoring 593 Avoidance Decision Making 600-601 Making Healthy Decisions/Skills for Healthy Living: Time Management 626 Healthy Communication (Relationships) 629-637 Lesson 13.2: Relationships 638-639 Skills for Healthy Living/Making Healthy Decisions: Conflict Resolution 645 Caring for Infants 659 Making Healthy Decisions/Skills for Healthy Living: Intrinsic Motivation 677 Making Healthy Decisions/Skills for Healthy Living: Preventing Relapse 688-693 Lesson 18.2: Culture, Advertising and the Law (Alcohol) 694-695 Making Healthy Decisions/Skills for Healthy Living: Finding Social Support 714-715 Making Healthy Decisions/Skills for Healthy Living: Building Refusal Skills 731-739 Lesson 34.2: First Aid and CPR 740-741 Making Healthy Decisions/Skills for Healthy Living: Skill Building 745-747 The Four Laws of Ecology & The Four Rs 759 Making Healthy Decisions/Skills for Healthy Living: Overcoming Barriers 773-774 Making Healthy Decisions/Skills for Healthy Living: Positive Attitudes 453 Chapter 20.1 Topic 3: Seek and Follow Appropriate Medical Advice 514 Chapter 23.1 Topic 3: Travel-Related Viruses 511 Chapter 23.1 Topic 4: Contraceptives and Disease Prevention 608 Chapter 28.1 Topic 2: Health Literacy 633 Chapter 29.2 Topic 4: Setting Limits 736 Chapter 34.2 Topic 2: First Aid Kits 739 Chapter 34.2 Topic 3: Emergency Preparedness Planning</p>
---------------------------	--	--

<p>HE.912.B.5.2:</p>	<p>Generate alternatives to health-related issues or problems.</p> <p>Remarks/Examples</p> <p>Health benefits of menu options, refusal-skill options, pre- and post-natal care, natural and man-made conditions, and current trends in disease prevention.</p>	<p>37-39 (Determinants of Fitness, Health, Wellness) 41-43 (Stairway to Lifetime Fitness, Health, and Wellness) 51-55 (Learning Self-Management Skills, entire lesson) 56-57 (Building Knowledge and Understanding) 61-64 (Goal Setting, entire lesson) 69-74 (Program Planning, entire lesson) 156-157 (Learning to Manage Time and Skills for Managing Time) 249-250 (Preventing Relapse and Skills for Preventing Relapse) 298-299/306-307 (Overcoming Barriers and Skills for Overcoming Barriers) 353-365 (Making Good Consumer Choices, all) 366-367 (Learning to Think Critically, all) 365 (Who can you trust? Fitness information on the web: web icon for Evaluating Health Clubs, Equipment, Media, and Internet Materials, lesson 2, web icon 3) 11-12 (The Scientific Method) 15 (Fitness Technology: World Wide Web) 73 (Consumer Corner) 462-463 Making Healthy Decisions: Goal Setting 478 Making Healthy Decisions: Self-Planning 500 Making Healthy Decisions: Self-confidence 618-619 Making Healthy Decisions: Critical Thinking 568 Living Well News: Can a Trip to Your Local Drug Store Help You Lose Weight? 577 Consumer Corner: Selecting Diet Products and Services 580-581 Making Healthy Choices: Planning Ahead 581-583 Eating Healthily in a Cafeteria or Restaurant</p>
----------------------	--	--

HE.912.B.5.2: (continued)		<p>600-601 Making Healthy Decisions: Time Management 638-639 Making Healthy Decisions: Conflict Resolution 659 Making Healthy Decisions: Intrinsic Motivation 677 Making Healthy Decisions: Preventing Relapse 694-695 Making Healthy Decisions: Finding Social Support 714-715 Making Healthy Decisions: Building Refusal Skills 759 Making Healthy Decisions: Overcoming Barriers 39 (preventing illness with healthy lifestyles: web icon for Adopting Healthy Lifestyles, lesson 1, web icon 2) 51 (stages of change: web icon for Learning Self-Management Skills, lesson 2, web icon 2) 61 (goal setting: web icon for Goal Setting, lesson 1, web icon 2) 69 (program planning steps: web icon for Program Planning, lesson 2, web icon 2) 256 (Back health: web icon for Core Fitness, Posture, and Back Care lesson 1, web icon 3) 294 (yoga, tai chi, neuromotor for rehab and diseased populations, web icon for Preparing a Flexibility Exercise Plan, lesson 2, web icon 2) 413 (Finding opportunities for PA, around the world, web icon for Active Living Opportunities, lesson 2, web icon 3)</p>
---------------------------	--	--

<p>HE.912.B.5.3:</p>	<p>Appraise the potential short-term and long-term outcomes of each alternative on self and others.</p> <p>Remarks/Examples</p> <p>Nutrition plan based on personal needs and preferences, impact of chronic health condition on individual and family, weapons on campus, and use of stress management and coping skills.</p>	<p>61-64 (Goal Setting, entire lesson) 69-74 (Entire lesson, Program Planning) 96-97 (Reducing Risk Factors) 152-155 (All pages, Preparing a Moderate Physical Activity Plan) 196-200 (All pages, Preparing a Vigorous Physical Activity Plan) 273-275 (All pages, Planning a Muscle Fitness Exercise Program) 296-299 (All pages, Planning a Flexibility Exercise Plan) 335-341 (Entire Lesson, Physical Activity and Fitness Assessment) 42-43 (Steps 4, 5, and 6) 51-52 (Stages of Change for a Healthy Lifestyle) 54 (Table 2.1, Goal setting and self-planning row) 61 (First paragraph) 158 (Entire feature, Your Moderate Physical Activity Plan) 203 (Entire feature, Your Vigorous Physical Activity Plan) 278 (Entire feature, Your Muscle Fitness Exercise Plan) 307 (Entire feature, Your Flexibility Exercise Plan) 345 (Table 14.3, Goal setting and self-planning row) 350 (Entire feature, Your Physical Activity Plan) 478 Making Healthy Decisions: Self-Planning 494-495 Planning for Healthy Living: Body Mass Index 514-522 Chronic Diseases and Disabilities 523 Making Healthy Decisions: Identifying Risk Factors 525 Take It Home (Chapter Review) 574 Consequences of Energy Imbalance 558 Planning for Healthy Living: Rate My Plate 589-590 Understanding Stress 595 Planning for Healthy Living: Stress Management</p>
<p>HE.912.B.5.3: (continued)</p>		<p>654 Physical Activity and Aging 654-655 Nutrition and Aging 662 Thinking Critically and Take It Home (Chapter Review) 666 Health Risks of Tobacco Use 683-684 Immediate Health Risks of Alcohol Use 684 Long Term Health Risks of Heavy Alcohol Use 694 Making Healthy Decisions: Finding Social Support 728-729 Intentional Injuries 729 Recognizing and Preventing Violence 739 Emergency Preparedness</p>

<p>HE.912.B.5.4:</p>	<p>Assess whether individual or collaborative decision-making is needed to make a healthy decision.</p> <p>Remarks/Examples</p> <p>Planning a post-high school career/education, purchasing the family's groceries for the week, planning the weekly menu, planning appropriate activities for siblings, community planning, Internet safety, and purchasing insurance.</p>	<p>1-12 (Scientific Method) 12 (Health and Medical Science) 12-15 (Kinesiology: Exercise Science) 26-27 (Personal and Community Health) 32-33 (Learning to Self-Assess and Skills for Learning to Self-Assess) 37-39 (Determinants of Fitness, Health, and Wellness) 41-43 (Stairway to Lifetime Fitness, Health, and Wellness) 51-52 (Stages of Change for a Healthy Lifestyle) 53-55 (Self-Management Skills) 56-57 (Skills for Building Knowledge and Understanding) 83 (Science in Action: Science Prepares Us for Safe exercise) 96-97 (Skills for Reducing Risk Factors) 135 (Simple Treatment of Minor Injuries) 200 (Consumer Corner: Using the Web for Fitness, Health, and Wellness information) 230 (Practicing Proper Exercise and Spotting Technique) 277 (Skills for Finding Social Support) 283 (Rehabilitation From Injury and Medical Problems and Fit Fact: PT) 306 (Skills for Overcoming Barriers) 348-349 (Skills for Building Positive Attitudes) 353-359 (Health and Fitness Quackery: all) 361-365 (Evaluating Health From Injury and Medical Problems) 366-367 (Skills for Thinking Critically) 405-410 (Social Interactions in Physical Activity) 413 (Finding Opportunities to Participate and Table 18.2) 414 (Organizing for Participation) 415 (Daring to Try) 416 (Fitness Technology: Social Support) 417 (Helping Others in Physical Activity) 418 (Conflict Resolution) 437-438 Individual and Social Determinants 438 Connect (Social and Individual Determinants)</p>
----------------------	---	--

HE.912.B.5.4: (continued)		<p>453 Seek and Follow Appropriate Medical Advice 460 Health Science (Cognitive Theories) 472 Health Technology (apps) 477 Step 4: Structuring Your Healthy Living Plan and Establishing Accountability 535-536 Eating Disorders 607-610 Lesson 28.1: Health Literacy and Consumer Skills 614-615 Medical Home 616-617 Medical Coverage 569 Take It Home (Nutrition: Foundations for Healthy Eating) 580 Making Healthy Choices: Planning Ahead 645-647 Adolescence (career exploration) 748 Healthy Communication (Our Changing Environment) 753-756 Conservation 770-771 Developing Healthy Communities 13 (Fit Fact: Helping All People 18 (Nutrition Science) 84 (If Heat Related Injury Occurs: bullet point) 91 (Fit Fact: AED)195-196 (Finding the Best Vigorous Activities for You) 249 (Skills for Preventing Relapse) 314 (Anorexia Nervosa and Anorexia Athletica) 336 (Physical activity profiles: web icon for Physical Activity and Fitness Assessment, lesson 1, web topic 2) 365 (Who can you trust? Fitness information on the web: web icon for Evaluating Health Clubs, Equipment, Media, and Internet Materials, lesson 2, web topic 3) 381 (TV tactics, decoding ads: web icon for Strategy and Tactics, lesson 2, web topic 2) 405 (Leadership and sportsmanship: web icon for Social Interactions in Physical Activity, lesson 1, web topic 2)</p>
---------------------------	--	--

<p>HE.912.B.6.1:</p>	<p>Evaluate personal health practices and overall health status to include all dimensions of health.</p> <p>Remarks/Examples</p> <p>Personal strengths, physical fitness, peer relationships, environmental health, personal hygiene, non-communicable illness or disease, injury prevention, and first-aid responder's safety practices.</p>	<p>19-24 (Self-Assessment: Fitness Challenges) 44-50 (Self Assessment: Practicing Physical Fitness Tests) 65-68 (Self-Assessment: Assessing Muscle Fitness) 88-89 (Self-Assessment: Body Composition and Flexibility) 108-109 (Self-Assessment: Pacer and Trunk Lift) 127-131 (Self-Assessment: Assessing Skill-Related Physical Fitness) 151 (Self-Assessment: Walking Test) 169-170 (Self-Assessment: Step test and One-Mile run test) 192-193 (Self-Assessment: Assessing Jogging Techniques) 218-225 (Self-Assessment: Muscle Fitness Testing) 266-268 (Self-Assessment: Healthy Back Test) 290-293 (Self-Assessment: Arm, Leg, and Trunk Flexibility) 320-324 (Self-Assessment: Body Measurements) 342-343 (Self-Assessment: Your Personal Fitness Test Battery) 360 (Self-Assessment: Assessing Your Posture) 25 (Introduction) 25-26 (What is Health? What is Wellness?) 27-31 (What is Physical Fitness? Parts of Fitness.) 43 (Fitness Technology: Fitnessgram) 81-82 (Medical Readiness) 82-85 (Readiness for Extreme Environmental ..) 96-97 (Reducing Risk Factors) 97 (Statistics and Blood Pressure) 102-103 (FIT Formula: How Much Activity....) 110-111 (Fitness Standards and Rating Categories) 114-115 (Self-Monitoring) 120-121 (Assessing Skill-related Fitness) 121 (Motion Analysis System) 132-134 (Injury Risk) 135-137 (Evaluating Risky Exercises)</p>
----------------------	---	---

HE.912.B.6.1: (continued)		138 (Putting Technology in Action) 149-150 (Counting Steps and Calories) 150 (Pedometers and Accelerometers) 156-157 (Managing Time) 166-167 (Cardiovascular Assessment) 168 (How Much CRE Is Enough?) 168 (Science in Action: Aerobic Capacity) 216-217 (Muscle Fitness Assessment) 257 (Mechanics of Lifting); 277 (Skills for Social Support) 314-316 (Lab Measures of Body Composition) 316-318 (Non-Laboratory Measures of BC) 318-319 (What is My Ideal Weight?) 327 (Energy Expenditure Determination) 328 (Calculating Daily Calorie Expenditure) 361 (Evaluating Health Clubs) 363 (Evaluating Books and Articles) 363-364 (Evaluating Exercise Videos) 364-365 (Evaluating Internet Resources) 373-380 (Entire Lesson: A Healthy Diet) 377 (Dietary Supplements) 385-391 (Entire Lesson: Making Food Choices) 398-400 (Identifying Stress/Causes of Stress) 403-406 (Entire Lesson: Managing Stress/Coping) 410-411 (Managing Competitive Stress) 415-420 (Entire Lesson, Healthy Lifestyle Choices) 424 (Consumer Corner: Consumer Community) 435 Self-Assessment: Wellness Questionnaire 441-443 Making Healthy Decisions/Skills for Healthy Living: Self-Assessment
---------------------------	--	--

HE.912.B.6.1: (continued)		<p>456-457 Self-Assessment: Stages of Health Behavior 462-463 Making Healthy Decisions/Skills for Healthy Living: Goal Setting 473 Self-Assessment: Healthy Living Skills 494-495 Self-Assessment: Body Mass Index 512-513 Self-assessment: My disease Prevention IQ 533 Self-Assessment: My Self-Esteem 607-610 Self-Assessment: My Healthcare Consumer Skills 555-558 Self-Assessment:Energy Balance 578-579 Self-Assessment: What Motivates Your Eating? 595 Self-Assessment: Stress Management 628 Self-Assessment: Rate Your Relationship 651-652 Self-Assessment: My Spiritual Wellness 669 Self-Assessment: My Tobacco Knowledge 687 Self-Assessment: My Alcohol Knowledge 706-77 Self-Assessment: My Drug Knowledge 730 Self-Assessment: My Injury Prevention and Emergency Preparedness 750 Self-Assessment: How Green Are You? 768 Self-Assessment: How Healthy Is My School Community? 516 Chapter 23.2 Topic 2: Breast and Testicular Self-Exams 11 (Scientific Method) 63 (Fitness Technology: Phones & Tablets) 69 (Determining Personal Needs) 72 (Keep a Log and Evaluate) 96 (Skills for Reducing Risk Factors) 139-140 (Improving Performance Skills) 148 (Table: FIT formula for Moderate....)</p>
---------------------------	--	--

HE.912.B.6.1: (continued)		<p>152 (Determining Personal Needs) 155 (Keep a Log and Evaluate.....) 196 (Determining Personal Needs) 249 (Preventing Relapse) 251 (Project) 256 (Healthy Back Test) 273 (Determining Personal Needs) 277 (Skills for Social Support) 286 (Table: FIT Formula for Flexibility) 287 (Fitness Technology: Goniometers) 296 (Determining Personal Needs) 326 (FIT Formula for Fat Control) 335 (Determining Personal Needs) 341 (Fitness Technology: Swim Watches) 345 (Table: Self Management Skills) 366-367 (Skills for Critical Thinking) 381 (Collect New Information) 43 (Fitnessgram: web icon for Adopting Healthy Lifestyles, lesson 1, web topic 3) 51 (Stages of Change: web icon for Learning Self-Management Skills, lesson 2, web topic 2) 61 (Goal Setting: web icon for Goal Setting, lesson 1, web topic 2) 69 (Program Planning web icon for Program Planning, lesson 1, web topic 2) 92 (Risk Factors: web icon for Health and Wellness Benefits, lesson 2, web topic 4) 106 (Activitygram: web icon for How Much Physical Activity Is Enough?, lesson 1, web topic 3) 155 (Logging physical activity: web icon for Preparing a Moderate Physical Activity Plan, lesson 2, web topic 3) 329 (Estimating energy requirements: web icon for Energy Balance, lesson 2, web topic 3) 378 (Nutrition guidelines and Food logs: web icons for A Healthy Diet, lesson 1, web topics 3) 381 (Nutrition guidelines and Food logs: web icon for A Healthy Diet, lesson 1, web topic 4) 417 (Impacts of destructive habits: web icon for Lifestyle Choices for Fitness, Health, and Wellness, lesson 1, web topic 2)</p>
---------------------------	--	--

<p>HE.912.B.6.2:</p>	<p>Formulate a plan to attain a personal health goal that addresses strengths, needs, and risks.</p> <p>Remarks/Examples</p> <p>Weight management, comprehensive physical fitness, stress management, dating relationships, risky behaviors, and a wellness-program plan.</p>	<p>69-74 (Entire lesson, Program Planning) 152-155 (All pages, Preparing Moderate Act. Plan) 196-200 (All pages, Preparing Vigorous Act. Plan) 273-275 (All pages, Preparing Muscle Fitness Plan) 296-299 (All pages, Preparing Flexibility Ex Plan) 325-329 (Energy Balance: all pages) 334-341 (Entire Lesson, Comprehensive Planning) 474-477 Lesson 21.2 (Planning for Healthy Living) 249 Living Well News: Can You Make a Contract for Good Health? 478 Making Healthy Decisions/Skills for Healthy Living: Self-Planning 495 Planning for Healthy Living: Body Mass Index 512-513 Planning for Healthy Living: My disease Prevention IQ 533 Planning for Healthy Living: My Self-Esteem 612 Planning for Healthy Living: My Healthcare Consumer Skills 558 Planning for Healthy Living: Energy Balance 579 Planning for Healthy Living: What Motivates Your Eating? 595 Planning for Healthy Living: Stress Management 628 Planning for Healthy Living: Rate Your Relationship 652 Planning for Healthy Living: My Spiritual Wellness 669 Planning for Healthy Living: My Tobacco Knowledge</p>
<p>HE.912.B.6.2: (continued)</p>		<p>687 Planning for Healthy Living: My Alcohol Knowledge 707 Planning for Healthy Living: My Drug Knowledge 730 Planning for Healthy Living: My Injury Prevention and Emergency Preparedness 750 Planning for Healthy Living: How Green Are You? 768 Planning for Healthy Living: How Healthy Is My School Community? 42-43 (Steps 4, 5, and 6) 51 (Stages of Change) 54 (Table second number 1) 61 (First paragraph) 158 (Entire feature, Moderate Activity Plan) 203 (Entire feature, Vigorous Activity Plan) 278 (Entire feature, Muscle Fitness Plan) 307 (Entire feature, Flexibility Plan) 345 (Table second number 1) 350 (Entire feature, Comprehensive Plan) 61 (Goal Setting: web icon for Goal Setting, lesson 1, web topic 2) 69 (Program Planning: web icon for Program Planning, lesson 1, web topic 2) 276 (Periodization: web icon for Ergogenic Aids and Muscle Fitness Exercise Planning, lesson 2, web topic 3) 336 (Physical activity profiles: web icon for Physical Activity and Fitness Assessment, lesson 1, web topic 2) 403 (Finding opportunities for PA: web icon for Active Living Opportunities, lesson 2, web icon 3)</p>

<p>HE.912.B.6.3:</p>	<p>Implement strategies and monitor progress in achieving a personal health goal.</p> <p>Remarks/Examples</p> <p>Stress management, time out, using of a squeeze ball when frustrated, talking with a friend or professional, pacing yourself, setting realistic expectations, using rewards, getting support, and wellness promotion.</p>	<p>19-24 (Self-Assessment: Fitness Challenges) 44-50 (Self Assessment: Practicing Physical Fitness Tests) 65-68 (Self-Assessment: Assessing Muscle Fitness) 88-89 (Self-Assessment: Body Composition and Flexibility) 108-109 (Self-Assessment: Pacer and Trunk Lift) 127-131 (Self-Assessment: Assessing Skill-Related Physical Fitness) 151 (Self-Assessment: Walking Test) 169-170 (Self-Assessment: Step test and One-Mile run test) 192-193 (Self-Assessment: Assessing Jogging Techniques) 218-225 (Self-Assessment: Muscle Fitness Testing) 266-268 (Self-Assessment: Healthy Back Test) 290-293 (Self-Assessment: Arm, Leg, and Trunk Flexibility) 320-324 (Self-Assessment: Body Measurements) 342-343 (Self-Assessment: Your Personal Fitness Test Battery) 360 (Self-Assessment: Assessing Your Posture) 467-472 Lesson 3.1 (Skills for Healthy Living) 474-477 Lesson 21.2 (Planning for Healthy Living) 479 Living Well News: Can You Make a Contract for Good Health? 478 Making Healthy Decisions/Skills for Healthy Living: Self-Planning 495 Self Assessment/Planning for Healthy Living: Body Mass Index 512-513 Self Assessment/Planning for Healthy Living: My disease Prevention IQ 533 Self Assessment/Planning for Healthy Living: My Self-Esteem 612 Self Assessment/Planning for Healthy Living: My Healthcare Consumer Skills 555-558 Self Assessment/Planning for Healthy Living: Energy Balance 579 Self Assessment/Planning for Healthy Living: What Motivates Your Eating? 595 Self Assessment/Planning for Healthy Living: Stress Management 628 Self Assessment/Planning for Healthy Living: Rate Your Relationship 652 Self Assessment/Planning for Healthy Living: My Spiritual Wellness 669 Self Assessment/Planning for Healthy Living: My Tobacco Knowledge 687 Self Assessment/Planning for Healthy Living: My Alcohol Knowledge</p>
----------------------	--	---

HE.912.B.6.3: (continued)		<p>707 Self Assessment/Planning for Healthy Living: My Drug Knowledge 730 Self Assessment/Planning for Healthy Living: My Injury Prevention and Emergency Preparedness 750 Self Assessment/Planning for Healthy Living: How Green Are You? 768 Self Assessment/Planning for Healthy Living: How Healthy Is My School Community? 9 (Healthy People 2020 Goals) 11 (Scientific Method) 32 (Skills for Learning to Self-Assess) 61 (Goals Setting) 63 (Optimal Challenge) 69-74 (Entire lesson, Program Planning) 97 (Academic Connections: Statistics) 75-76 (Skills for Setting Goals) 114-115 (Self-Monitoring) 115 (Academic Connections: Percentages) 143 (Healthy People 2020 Goals) 152-155 (All pages, Preparing Moderate Act. Plan) 156 (Skills for Time Management) 196-200 (All pages, Preparing Vigorous Act. Plan) 205 (Healthy People 2020 Goals) 296-299 (All pages, Preparing Flexibility Ex Plan) 273-275 (All pages, Preparing Muscle Fitness Plan) 306 (Skills for Overcoming Barriers) 309 (Healthy People 2020 Goals) 331 (Academic Connections: Quartiles) 371 (Healthy People 2020 Goals)</p>
---------------------------	--	--

HE.912.B.6.3: (continued)		<p>379-382 (Strategy and Tactics: entire lesson) 383-384 (Skills for Developing Tactics) 25 (Introduction) 39 (Healthy Lifestyle Choices) 39 (Fit Fact) 40 (Feeling Good) 93 (Obesity) 94 (Other Hypokinetic Conditions) 113 (Fit Fact) 134 (Use Moderation) 148 (Science in Action) 200 (Consumer Corner) 254 (Back Problems) 269 (Introduction) 372 (Fit Fact) 311 (Fit Fact) 314 (Fit Fact) 374 (Fit Fact) 408 (Fit Fact) 43 (Fitnessgram: web icon for Adopting Healthy Lifestyles, lesson1, web topic 3) 61 (Goal Setting: web icon for Goal Setting, lesson 1, web topic 2) 63 (Apps and Smartphones: web icon for goal setting, lesson1, web topic 3) 69 (Program Planning: web icon for Program Planning, lesson 1, web topic 2) 106 (Activitygram: web icon for How Much Physical Activity Is Enough?, lesson 1, web topic 3) 155 (Logging physical activity: web icon for Preparing a Moderate Physical Activity Plan, lesson 2, web topic 3) 329 (Estimating energy requirement: web icon for Energy Balance, lesson 2, web topic 3) 336 (Physical activity profiles: web icon for Physical Activity and Fitness Assessment, lesson 1, web topic 2) 346 (Changing negative attitudes: web icon for Maintaining Active Lifestyles, lesson 2, web topic 2) 413 (Finding opportunities for PA, around the world: web icon for Active Living Opportunities, lesson 2, web icon 3) 416 (Social support via technology: web icon for Active Living Opportunities, lesson 2, web icon 4)</p>
---------------------------	--	---

<p>HE.912.B.6.4:</p>	<p>Formulate an effective long-term personal health plan.</p> <p>Remarks/Examples</p> <p>Stress reduction, weight management, healthier eating habits, improved physical fitness, and individual responsibilities for protecting health.</p>	<p>69-74 Entire lesson, Program Planning 152-154 All pages, Preparing Moderate Act. Plan 196-200 All pages, Preparing Vigorous Act. Plan 273-275 All pages, Preparing Muscle Fitness Plan 296-299 All pages, Preparing Flexibility Ex Plan 334-341 Entire Lesson, Comprehensive Planning 61 Goal setting web icon for Goal Setting, Lesson 1, web topic 2 69 Program planning web icon for Program Planning, Lesson 2, web topic 2 42-43 Steps 4, 5, and 6 51 Stages of Change 54 Table second number 1 61 First paragraph 158 Entire feature, Moderate Activity Plan 203 Entire feature, Vigorous Activity Plan 278 Entire feature, Muscle Fitness Plan 307 Entire feature, Flexibility Plan 345 Table second number 1 350 Entire feature, Comprehensive Plan 306 Periodization web icon for Ergogenic Aids and Muscle Fitness Exercise Planning, lesson 2, topic 3 462-463 Skills for Healthy Living: Goal Setting 474-477 The Five Steps in Making a Healthy Living Plan 478 Skills for Healthy Living: Self-Planning 511 Planning for Healthy Living: Body Mass Index 558 Planning for Healthy Living: Energy Balance 595 Planning for Healthy Living: Stress Management 662 Thinking Critically 662 Take It Home</p>
----------------------	--	---

<p>HE.912.C.1.1:</p>	<p>Predict how healthy behaviors can affect health status.</p> <p>Remarks/Examples</p> <p>Making positive choices/avoiding risky behaviors: healthy food, substance abuse, and healthy relationship skills; regular medical and dental screenings; regular physical activity, and workplace safety.</p>	<p>Taking Charge, Self-Management Skills, and Taking Action features for every chapter</p> <p>38 Environmental</p> <p>38 Social</p> <p>39 Healthy Lifestyle choices</p> <p>41-43 Stairway</p> <p>51-52 Stages of Change</p> <p>53-55 Self-management skills (all)</p> <p>90-95 Entire lesson, Health/Wellness Benefits</p> <p>101-107 Entire lesson, How Much Is Enough?</p> <p>134 Guidelines list</p> <p>134-138 Risky Exercises and Concussion</p> <p>147-150 How much moderate—all pages</p> <p>162-166 All headings, Benefits of Activity/CRE</p> <p>254-258 All pages, Back and Posture Health</p> <p>269-272 All pages, Ergogenic Aids</p> <p>281-283 Benefits of Good Flex (all headings)</p> <p>357-358 Health Quackery (all headings)</p> <p>39 preventing illness with healthy lifestyles: web icon for Adopting Healthy Lifestyles, Lesson 1, web topic 2</p> <p>92 Health risk factors: web icon for Health and Wellness benefits, Lesson 2, web topic 4</p> <p>40 All headings</p> <p>41 First column</p> <p>26 How much cardio</p> <p>168 Personal and Community Health</p> <p>200 Consumer Corner</p> <p>356 Science in Action</p> <p>313 Body Fatness, Health...</p> <p>439-440 Benefits of a Healthy Lifestyle for Teens</p> <p>448-452 Healthy Lifestyle Choices (and Table: Personal Health Habits)</p> <p>478 Making Healthy Decisions: Self-Planning</p> <p>506 Connect (Methods of Transmission)</p> <p>510-511 Preventing Infectious Disease</p>
----------------------	---	--

HE.912.C.1.1: (continued)		<p>523 Making Healthy Decisions: Identifying Risk Factors 559-561 Selecting Healthy Foods: Using Food Labels 561-564 MyPlate 589 Understanding Stress 602 Living Well News: Can Worksite Health Promotion Help? 654 Physical Activity and Aging 654 Nutrition and Aging 662 Thinking Critically (Chapter Review) 662 Take It Home (Chapter Review) 725 Computer Use and Injury 727-728 Staying Safe At Work 764 Federal Agencies (workplace safety) 153 Moderate Physical Activity: web icon for Preparing a Moderate Physical Activity Plan, Lesson 1, web topic 2 162 Benefits of cardiorespiratory endurance: web icon for Cardiorespiratory Endurance facts, Lesson 1, web topic 2 313 Eating Disorders: web icon for Body Composition Facts, lesson 1, topic 3 328 Physical Activity and Fat Loss: web icon for Energy Balance, lesson 2, topic 2 340 Exercise and the brain: web icon for Physical Activity and Fitness Assessment, lesson 1, topic 3 511 Chapter 23.1 Topic 4: Contraceptives and Disease Prevention 516 Chapter 23.2 Topic 2: Breast and Testicular Self-Exams 581 Chapter 26.2 Topic 2: Don't Skip Breakfast 590 Chapter 27.1 Topic 2: Stress Related Chronic Disease 627 Chapter 29.1 Topic 2: Marriage and Relationships 633 Chapter 29.2 Topic 4: Setting Limits</p>
HE.912.C.1.2:	<p>Interpret the significance of interrelationships in mental/emotional, physical, and social health.</p> <p>Remarks/Examples</p> <p>Substance abuse, eating disorders, sexual behaviors, healthy/unhealthy relationships, self-esteem, stress/anger management, and regular exercise.</p>	<p>178 (Self-Confidence) 249 (Preventing Relapse) 277 (Finding Social Support) 306 (Overcoming Barriers) 330 (Improving Physical Self-Perceptions) 348 (Changing Attitudes) 366 (Learning to Think Critically) 418 (Conflict Resolution) 178-179 (Skills for Building Self-Confidence) 249 (Skills for Preventing Relapse) 277 (Skills for Finding Social Support) 306 (Skills for Overcoming Barriers)</p>

HE.912.C.1.2: (continued)		<p> 330-331 (Skills for Self-Perception) 348-349 (Skills for Building Positive Attitudes) 366-367 (Skills for Thinking Critically) 418 (Skills for Conflict Resolution) 179-180 (Self-Confidence) 277 (Finding social support) 330-331 (Self-Perceptions) 405-410 (All Headings) 407 (Group Cohesiveness) 412 (Introduction) 414 (Organizing for Participation) 415 (Dare to Try: Optimal Challenge) 416 (Fitness Technology: Social Support) 417 (Helping Others) 418 (Conflict Resolution) 419 (Team Building) 431-434 Lesson 19.1 Health and Wellness 436-439 Determinants of Health and Wellness 498-499 Health and Every Size 528 Healthy Personality Traits 530 Self-Esteem 530 Body Image 531-532 Spiritual Wellness 535-536 Eating Disorders 572-573 Hunger and Satiety 573-574 Appetite 589-590 Understanding Stress (and Table: Effects of Stress on the Body) 590-291 Stress and Performance 596-599 Lesson 27.2: Stress Management Techniques 655-656 What Does It Mean To Grow Old </p>
---------------------------	--	---

HE.912.C.1.2: (continued)		<p>14 (Exercise Sociology) 38-39 (Social and Individual Determinants) 54 (Table: Social Support, Resolving Conflict) 55 (Skills That Help You Maintain Change) 113 (Environment) 345 (Table: Social Support, Resolving Conflict) 346 (Physical activities a way to meet people) 349 (Be active with Friends) 384 (Cooperative Games) 39 (Preventing illness with healthy lifestyles: web icon for Adopting Healthy Lifestyles, lesson 1, topic 2) 162 (Benefits of good cardiorespiratory fitness: web icon for Cardiorespiratory Endurance Facts, lesson 1, topic 2) 294 (yoga, tai chi, neuromotor for rehab and diseased pops: web icon for Preparing a Flexibility Exercise Plan, lesson 2, topic 2) 313 (Eating disorders: web icon for Body Composition Facts, lesson 1, topic 3) 315 (Media distortions of the body: web icon for Body Composition Facts, lesson 1, topic 4) 340 (Exercise and the brain: web icon for Physical Activity and Fitness Assessment, lesson 1, topic 3) 346 (Changing negative attitudes: web icon for Maintaining Active Lifestyles, lesson 2, topic 3) 409 (Diversity: web icon for Social Interactions in Physical Activity, lesson 1, topic 3) 410 (Bullying and Sportsmanship: web icon for Social Interactions in Physical Activity, lesson 1, topic 4) 416 (Social support via technology: web icon for Active Living Opportunities, lesson 2, web icon 4) 437 Chapter 19.2 Topic 2: Environmental Determinants 437 Chapter 19.2 Topic 3: Social and Individual Determinants 449 Chapter 20.1 Topic 2: Sleep Apnea 518 Chapter 23.2 Topic 3: Alzheimer's Disease 529 Chapter 24.1 Topic 2: Personality and Health 530 Chapter 24.1 Topic 2: Body Image 536 Chapter 24.2 Topic 2: Eating Disorders 540 Chapter 24.2 Topic 4: Health Science 590 Chapter 27.1 Topic 2: Stress Related Chronic Disease</p>
---------------------------	--	--

<p>HE.912.C.1.4:</p>	<p>Propose strategies to reduce or prevent injuries and health problems.</p> <p>Remarks/Examples</p> <p>Mandatory passenger-restraint/helmet laws, refusal skills, mandatory immunizations, healthy relationship skills, and improved inspection of food sources.</p>	<p>82-87 All headings 83 Science Prepares Us for Safe Exercise 87 High Tech Exercise Clothing 96-97 Reducing Risk Factors 132-138 Physical Activity and Injury—entire lesson 249-250 Preventing Relapse 254-258 All headings 257 Mechanics of Lifting 283 Fit Fact 306 Overcoming Barriers 94 Overuse Injuries 106 Flexibility Exercises 184 Aerobic Dance 192 Assessing Jogging Technique 215 Isokinetic machines 232 Building Power 253 Introduction paragraph 283 Rehabilitation from Injury 284 Range of Motion 448-455 Healthy Lifestyle Choices 510-511 Preventing Infectious Disease 517 Preventing Skin Cancer 521 Preventing Chronic Disease 523 Skills for Healthy Living: Identifying Risk Factors 620 Living Well News: What Are The Most Common Types of Health Insurance? 592-594 Avoiding Stressful Situations 602 Stress at Work: Can Worksite Health Promotion Help? 630-631 Resisting Negative Peer Pressure</p>
----------------------	---	---

HE.912.C.1.4: (continued)		<p>633-634 Setting Limits (Dating) 636 Health Technology: On-line Dating 638-639 Making Healthy Decisions/Skills for Healthy Living: Conflict Resolution 661 Does a High-Carbohydrate Diet Contribute to Mild Cognitive Impairment? 671 Policies and Laws (tobacco) 672-673 Smoking, Fires and Housing Policies 689-692 Alcohol Laws 710 Guidelines for Taking Prescription Medicines 712 Selecting and Using Over-the-Counter Drugs 714-715 Skills for Healthy Living: Building Refusal Skills 721-724 Staying Safe on the Road 724-726 Staying Safe at Home 726-727 Staying Safe at Play 728 Avoiding Risky Situations (violence) 729 Recognizing and Preventing Violence 731-739 Lesson 34.2: First Aid and CPR 760 Living Well News: Can Earbuds Damage Hearing? 39 preventing illness with healthy lifestyles web icon for Adopting Healthy Lifestyles, Lesson 1, web topic 2 81 Medical readiness for Physical activity and sport web icon for Safe and Smart physical activity, Lesson 1, web topic 2 82 Exercise and the environment web icon for Safe and Smart physical activity, Lesson 1, web topic 3 91 Automated External Defibrillators (AEDs) web icon for Health and Wellness benefits, Lesson 2, web topic 3 92 Health risk factors web icon for Health and Wellness benefits, Lesson 2, web topic 4 132 Common Injuries web icon for Physical Activity and Injury, Lesson 2, web topic 2 138 Concussions web icon for Physical Activity and Injury, Lesson 2, web topic 3 153 Moderate Physical Activity web icon for Preparing a Moderate Physical Activity Plan, Lesson 1, web topic 2226 Principles of progression and overload web icon for Building Muscle Fitness, Lesson 2, web topic 2 228 Youth Resistance Training Guidelines web icon for Building Muscle Fitness, Lesson 2, web topic 3 271 Health and fitness in a bottle web icon for Ergogenic Aids and Muscle Fitness Exercise Planning, lesson 2, topic 2 283 Physical and occupational therapists web icon for Flexibility Facts, lesson 1, topic 2</p>
---------------------------	--	---

HE.912.C.1.4: (continued)		<p>294 Yoga, Tai Chi (mind/body) rehabilitation web icon for Preparing a Flexibility Plan, lesson 2, topic 2</p> <p>295 Safe flexibility exercises web icon for Preparing a Flexibility Plan, lesson 2, topic 3</p> <p>315 Media distortions of the body web icon for Body Composition Facts, lesson 1, topic 4</p> <p>328 Physical Activity and Fat Loss web icon for Energy Balance, lesson 2, topic 2</p> <p>340 Exercise and the brain web icon for Physical Activity and Fitness Assessment, lesson 1, topic 3</p> <p>453 Chapter 20.1 Topic 3: Seek and Follow Appropriate Medical Advice</p> <p>516 Chapter 23.2 Topic 2: Breast and Testicular Self-Exams</p> <p>598 Chapter 27.2 Topic 2: Guided Imagery</p> <p>633 Chapter 29.1 Topic 4: Setting Limits</p> <p>727 Chapter 34.1 Topic 2: Concussions in Sports</p> <p>728 Chapter 34.1 Topic 3: Industrial Related Chronic Diseases</p>
PE.912.M.1.13:	Perform a student-designed cardiorespiratory enhancing workout.	<p>176-199 (Preparing a Vigorous Activity Plan)</p> <p>203 (Taking Charge: Your Vigorous Plan)</p> <p>335-340 (Your Comprehensive Plan: all pages)</p> <p>350 (Taking Action: Your PA Plan)</p> <p>58 (Fitness Trails: web icon for Learning Self-Management Skills, Lesson 2, web topic 3)</p> <p>162 (Benefits of cardiorespiratory endurance: web icon for Cardiorespiratory Endurance facts, Lesson 1, web topic 2)</p> <p>165 (Heart Rate Monitors: web icon for Cardiorespiratory Endurance facts, Lesson 1, web topic 3)</p> <p>175 (Heart Rate Calculators: web icon for Building Cardiorespiratory Endurance, Lesson 2, web topic 3)</p> <p>184 (Vigorous aerobic activities: web icon for Vigorous Aerobics, Sports, and Recreation, Lesson 1, web topic 2)</p> <p>189 (Anaerobic activity and interval training: web icon for Vigorous Aerobics, Sports, and Recreation, Lesson 1, web topic 3)</p>

<p>HE.912.C.1.5:</p>	<p>Analyze strategies for prevention, detection, and treatment of communicable and chronic diseases.</p> <p>Remarks/Examples</p> <p>Health prevention, detection, and treatment of: breast and testicular cancer, suicide, obesity, and industrial-related chronic disease.</p>	<p>82-87 (All headings) 96-97 (Reducing Risk Factors) 132-138 (Physical Activity and Injury—entire lesson) 162-166 (Benefits of Physical Activity) 249-250 (Preventing Relapse) 254-258 (All headings) 257 (Mechanics of Lifting) 283 (Fit Fact) 306 (Overcoming Barriers) 94 (Overuse Injuries) 106 (Flexibility Exercises) 184 (Aerobic Dance) 192 (Assessing Jogging Technique) 215 (Isokinetic machines) 232 (Building Power) 253 (Introduction paragraph) 283 (Rehabilitation from Injury) 284 (Range of Motion) 507-508 Common Causes of Infectious Disease (all) 508 Health Science (vaccination) 510-511 Preventing Infectious Disease 511 Choosing Hand Sanitizers 514-521 Chronic Diseases (all) 517 Preventing Skin Cancer</p>
----------------------	---	--

HE.912.C.1.5: (continued)		<p>521 Preventing Chronic Disease 523 Skills for Healthy Living: Identifying Risk Factors 537 Mood Disorders (and figure 24.2) 539-540 Treating Mental Disorders 571 What is Energy Balance? 574 Weight Loss Diets 576 Weight Loss Surgery 751-752 Water Pollution 752-753 Air Pollution 39 (Preventing illness with healthy lifestyles: web icon for Adopting Healthy Lifestyles, lesson 1, topic 2) 88 (BMI calculator: web icon for Safe and Smart Physical Activity, lesson 1, topic 4) 132 (Common injuries: web icon for Physical Activity and Injury, lesson 2, topic 2) 138 (Concussions: web icon for Physical Activity and Injury, lesson 2, topic 3) 162 (Benefits of good cardiorespiratory fitness: web icon for Cardiorespiratory Endurance Facts, lesson 1, topic 2) 256 (Back health: web icon for Core Fitness, Posture, and Back Care, lesson 1, topic 3) 329 (Estimating energy requirements: web icon for Energy Balance, lesson 2, web topic 3) 516 Chapter 23.2 Topic 2: Breast and Testicular Self-Exams 728 Chapter 34.1 Topic 3: Industrial Related Chronic Diseases</p>
---------------------------	--	--

HE.912.C.1.7:	Analyze how heredity and family history can impact personal health.	37 (Determinants of Fitness, Health, Wellness) 39 (Science in Action: Heredity) 96 (Taking Charge: Reducing Risk Factors) 96-97 (Skills for Reducing Risk Factors) 111-112 (Factors Influencing Physical Fitness) 120 (Heredity) 139-140 (Skills for Improving Performance) 283 (Heredity) 312 (Heredity/Metabolism) 113 (Anyone Can Succeed) 215-216 (Muscle Fibers) 330-331 (Consider A New Way of Thinking.....) 436 Personal Determinants 447 Determinants and Other Risk Factors 452 Connect (Health Lifestyle Choices) 484 Genetics and Cystic Fibrosis 490 Crohn's Disease 492 Genetics and the Body 496 Weight and Body Mass Index 497 Body Composition 499 Health At Every Size 528 Personality 84 (Risk Factors: web icon for Health and Wellness Benefits, lesson 2, web topic 4) 492 Chapter 22.1 Topic 3: Genetics and the Body 518 Chapter 5.2 Topic 3: Alzheimer's Disease
---------------	---	---

<p>HE.912.C.1.8:</p>	<p>Assess the degree of susceptibility to injury, illness, or death if engaging in unhealthy/risky behaviors.</p> <p>Remarks/Examples</p> <p>Risks associated with alcohol abuse, including poison, date rape, and death; cancer and chronic lung disease related to tobacco use; overdose from drug use; child abuse or neglect; and dating violence.</p>	<p>82-87 (Safe and Smart Physical Activity) 83 (Science Prepares Us for Safe Exercise) 87 (High Tech Exercise Clothing) 96-97 (Reducing Risk Factors) 132-138 (Physical Activity and Injury) 204/212 (Science in Action: PRE and Youth) 215-216 (Muscle Fibers) 216 (Muscle Hypertrophy) 217 (Muscle Bound) 249-250 (Preventing Relapse) 254-255 (Back Problems and Posture Problems) 255-256 (Back and Posture Improvement...) 257 (Mechanics of Lifting) 258 (PRE and injury) 270 (Fit Fact: Rhabdomyolysis) 283 (Fit Fact) 306 (Overcoming Barriers) 94 (Overuse Injuries) 106 (Flexibility Exercises) 184 (Aerobic Dance) 192 (Assessing Jogging Technique) 215 (Isokinetic machines) 232 (Building Power) 253 (Introduction paragraph) 283 (Rehabilitation from Injury) 284 (Range of Motion) 450 Avoid Destructive Habits 518 Lung Disease 535-536 Mood Disorders 564 Understanding Empty Calories 574 Consequences of Energy Imbalance</p>
----------------------	--	---

HE.912.C.1.8: (continued)		<p>542 Living Well News: Eating Out May Be Both Deceiving and Unhealthy 593 Avoidance Decision Making 629-630 Safe and Healthy Peer Relationships 630-631 Resisting Negative Peer Pressure 632-635 Dating Relationships 635-636 Dating Violence 636-637 Overcoming Abuse 666 The Health Risks of Tobacco Use 666-668 Why Do People Smoke? 678 Living Well News: What's In That Cigarette You're Smoking? 682-683 Alcohol and Alcohol Use 683-684 Immediate Health Risks of Alcohol Use 684 Long-Term Health Risks of Heavy Alcohol Use 685 Alcohol Use and Pregnancy 690 Alcohol and Driving 701-703 Risks of Illicit Drugs 703 Marijuana 709-711 Over-The-Counter Drugs (and Table 4) 721-724 Staying Safe On The Road (all) 724-726 Staying Safe At Home (including poisoning) 726-727 Staying Safe At Play 729 Assault, Battery and Homicide 39 (preventing illness with healthy lifestyles: web icon for Adopting Healthy Lifestyles, lesson 1, web icon 2) 81 (Medical readiness for exercise: web icon for Safe and Smart Physical Activity, lesson 1, web icon 2) 91 (Cardiovascular disease: web icon for Health and Wellness Benefits, lesson 2, web icon 2) 92 (Risk factors: web icon for Health and Wellness Benefits, lesson 2, web icon 4) 295 (Safe flexibility: web icon for Preparing a Flexibility Exercise Plan, lesson 2, web icon 3) 313 (Metabolic syndrome: web icon for Body Composition Facts, lesson 1, web icon 2) 313 (Eating disorders: web icon for Body Composition Facts, lesson 1, topic 3)</p>
HE.912.C.1.8: (continued)		<p>315 (Media distortions of the body: web icon for Body Composition Facts, lesson 1, topic 4) 536 Chapter 24.2 Topic 2: Eating Disorders 549 Chapter 25.1 Topic 2: Trans Fats 632 Chapter 29.2 Topic 2: Cyberbullying 633 Chapter 13.2 Topic 4: Setting Limits 685 Chapter 32.1 Topic 2: Fetal Alcohol Spectrum Disorder 703 Chapter 33.1 Topic 2: Drug Use to Enhance Performance 710 Chapter 33.2 Topic 2: Drug Experimentation</p>

<p>HE.912.C.2.1:</p>	<p>Analyze how the family influences the health of individuals.</p> <p>Remarks/Examples</p> <p>Nutritional management of meals, composition of and relationships within families, and health-insurance status.</p>	<p>96 (Taking Charge: Reducing Risk Factors) 96-97 (Skills for Reducing Risk Factors) 277 (Taking Charge: Finding Social Support) 277 (Skills for Finding Social Support) 383 (Taking Charge: Developing Tactics) 417 (Family Activities) 436-439 Determinants of Health and Wellness (all) 452 Connect (Healthy Lifestyle Choices) 458 Groups and Health 477 Connect (Using Self-Planning Skills) 525 Take It Home 529 Connect (Personality) 554 Connect (Water) 573-574 Appetite 580-581 Making Healthy Choices: Planning Ahead 623-6324 Family and Family Types 624-625 Family Roles 626-627 Family Dynamics and Stability 627 Health Science (Families) 666-668 Why Do People Smoke? 667 Connect (Why Do People Smoke) 677 Skills for Healthy Living: Preventing Relapse 696 Living Well News: Are Americans Set Up to Become Alcoholics? 92 (Risk factors: web icon for Health and Wellness Benefits, lesson 2, web icon 4) 25 (Introduction) 54 (Table: Self-Management Skills) 61-62 (SMART Long-Term Goals) 62 (SMART Long-Term Goals)</p>
<p>HE.912.C.2.1: (continued)</p>		<p>71 (Realistic) 98 (Taking Action) 345 (Table: Self-Management Skills) 385 (Thinking Critically) 477 Chapter 21.2 Topic 2: Accountability 627 Chapter 29.1 Topic 2: Marriage and Relationships 693 Chapter 31.2 Topic 3: Alcohol Treatment 739 Chapter 34.2 Topic 3: Emergency Preparedness Planning</p>

<p>HE.912.C.2.2:</p>	<p>Compare how peers influence healthy and unhealthy behaviors.</p> <p>Remarks/Examples</p> <p>Binge drinking and social groups, sexual coercion [pressure, force, or manipulation] by a dating partner, students' recommendations for school vending machines, healthy lifestyle, review trends in current and emerging diseases, and use of helmets and seatbelts</p>	<p>179-180 Self-Confidence 277 Finding social support 330-331 Self-Perceptions 405-410 All Headings 407 Group Cohesiveness 412 Introduction 414 Organizing for Participation 415 Dare to Try: Optimal Challenge 416 Fitness Technology: Social Support 417 Helping Others 418 Conflict Resolution 419 Team Building 346 Changing negative attitudes (with the help of friends) web icon for Maintaining Active Lifestyles, lesson 2, topic 3 14 Exercise Sociology 38-39 Social and Individual Determinants 54 Table: Social Support, Resolving Conflict 55 Skills That Help You Maintain Change 113 Environment 345 Table: Social Support, Resolving Conflict 346 Physical activities a way to meet people 349 Be active with Friends 384 Cooperative Games 437 Social and Individual Determinants 438 Connect (Social and Individual Determinants)</p>
----------------------	---	---

HE.912.C.2.2: (continued)		447-448 Determinants and Other Risk Factors 452 Connect (Healthy Lifestyle Choices) 455 Seek Friends Who Support You and Who Practice Healthy Behaviors 458 Groups and Health 506 Connect (Methods of Transmission) 530 Body Image 590 Sources of Stress 625 Role Models 629 What is a Relationship? 629-630 Safe and Healthy Peer Relationships 630-631 Resisting Negative Peer Pressure 631-632 Bullying 646 Connect (Adolescence) 666-668 Why Do People Smoke? 677 Skills for Healthy Living: Preventing Relapse 694 Finding Social Support 701 Risks of Illicit Drugs 703 Why Do People Use Illicit Drugs? 722 Safe Driving Checklist 747 Connect (The Four Rs) 773-774 Skills for Healthy Living: Positive Attitudes 313 Eating Disorders web icon for Body Composition Facts, lesson 1, topic 3 315 Media distortions of the body web icon for Body Composition Facts, lesson 1, topic 4 477 Chapter 21.2 Topic 2: Accountability
HE.912.C.2.2: (continued)		530 Chapter 24.1 Topic 3: Body Image 536 Chapter 24.2 Topic 2: Eating Disorders 632 Chapter 29.2 Topic 2: Cyberbullying 632 Chapter 29.2 Topic 3: Dating Relationships 633 Chapter 29.2 Topic 4: Setting Limits 710 Chapter 33.2 Topic 2: Drug Experimentation

<p>HE.912.C.2.3:</p>	<p>Assess how the school and community can affect personal health practice and behaviors.</p> <p>Remarks/Examples</p> <p>Healthier foods, required health education, health screenings, and enforcement of “no tolerance” policies related to all forms of violence, and AED availability and training.</p>	<p>25 (Personal and Community Health) 31 (Learning to Self-Assess) 31-32 (Skills for Learning to Self-Assess) 38 (Environmental/Health Care Determinants) 41-43 (Stairway to Lifetime Fitness, Health.....) 56 (Building Knowledge and Understanding) 111 (Science in Action: Fitness Assessment) 117 (Project) 156-157 (Skills for Managing Time) 178-179 (Skills for Building Self-Confidence) 201 (Taking Charge: Activity Participation) 277 (Finding Social Support) 306 (Skills for Overcoming Barriers) 3340 (Science In Action: Exercise and Academics) 366-367 (Skills for Critical Thinking) 373-377 (Opportunities in Physical Education (all)) 405-410 (Social Interactions in Physical Activity (all)) 412-417 (Active Living Opportunities (all)) 417 (Helping Others) 418 (Conflict Resolution) 419 (Team Building) 458-459 Groups and Health 768 Self-assessment: How Healthy Is My School Community 769-770 Communities 770-771 Developing Healthy Communities 772 Accessing Community and Public Health Resources 11 (Introduction) 15 (Physical Education/Sport Education) 31 (Functional Fitness) 38 (Figure: Determinants) 54 (Table: Social Support, Resolving Conflict) 61 (SMART Goals) 113 (Environment)</p>
----------------------	---	---

HE.912.C.2.3: (continued)		<p>158 (Moderate Activity Plan) 165 (Fitness Technology: Heart Rate Monitors) 251 (Project) 277 (Finding Social Support) 296 (Yoga) 339 (Step 4: Structure Your Program) 339 (Fit Fact) 345 (Table: Social Support, Resolving Conflict) 348-349 (Skills for Building Positive Attitudes) 361 (Evaluating Health Clubs) 368 (Taking Action: My Health and Fitness Club) 384 (Cooperative Games) 403 (Project) 436-437 Environmental and Health Care Determinants 458-459 Groups and Health 613 Self-care and the Health Care System 694 Making Health Decisions/Skills for Healthy Living: Finding Social Support 739 Emergency Preparedness 755 Green Schools 755-756 School Gardens 756 Others Ways to Help Solve Environmental Health Problems 757 Health Technology (Built Environment) 765 Non-governmental Organizations 39 (Preventing illness with healthy lifestyles: web icon for Adopting Healthy Lifestyles, lesson 1, topic 2) 81 (Medical readiness for exercise: web icon for Safe and Smart Physical Activity, lesson 1, web icon 2) 90 (AEDs: web icon for Health and Wellness Benefits, lesson 2, web icon 3) 138 (Concussions: web icon for Safe and Physical Activity and Injury, lesson 2, web icon 3) 256 (Back health: web icon for Core Fitness, Posture, and Back Care, lesson 1, topic 3) 295 (Safe flexibility: web icon for Preparing a Flexibility Exercise Plan, lesson 2, web icon 3) 365 (Who can you trust? Fitness information on the web: web icon for Evaluating Health Clubs, Equipment, Media, and Internet Materials, lesson 2, web icon 3) 410 (Bullying and Sportsmanship: web icon for Social Interactions in Physical Activity, lesson 1, web topic 2) 770 Topic 2: Coordinated School Health</p>
---------------------------	--	--

<p>HE.912.C.2.4:</p>	<p>Evaluate how public health policies and government regulations can influence health promotion and disease prevention.</p> <p>Remarks/Examples</p> <p>Seat-belt enforcement, underage alcohol sales, reporting communicable diseases, child care, and AED availability.</p>	<p>9, 79, 143, 205, 309, 371, 429, 481, 545, 604, 663, 719 Healthy People 2020 Goals (all units)</p> <p>12 (Health and Medical Science)</p> <p>26-27 (Personal and Community Health)</p> <p>27 (Fit Fact: IOM)</p> <p>31 (Fit Fact: IOM)</p> <p>104-106 (The Physical Activity Pyramid)</p> <p>119 (Fit Fact: IOM)</p> <p>147-149 (How Much Moderate Activity.....)</p> <p>148 (Science in Action: Sedentary Living)</p> <p>168 (Science in Action)</p> <p>200 (Consumer Corner: Using the Web)</p> <p>212 (Science in Action: Resistance Training...)</p> <p>228 (Fit Fact: Resistance Training Guidelines)</p> <p>271 (Consumer Corner: Health in a Bottle)</p> <p>269-272 (Ergogenic Aids)</p> <p>272-273 (Other Supplements)</p> <p>355 (Consumer Corner: Reliable Consumer....)</p> <p>356 (Science in Action: Sports/Energy Drinks)</p> <p>357-358 (Food Supplements)</p> <p>340 (Science in Action: Exercise and Academics)</p> <p>37 (Introduction)</p> <p>44 (Self-Assessment)</p> <p>73 (Consumer Corner)</p> <p>94 (Physical Activity and Wellness)</p> <p>152 (Introduction/Step 1)</p> <p>171 (Physical Activity and CV Endurance)</p>
----------------------	---	--

HE.912.C.2.4: (continued)		<p>205 (Academic Connection) 211 (Strength and Power) 269 (Introduction) 337 (Set Goals) 375 (Science in Action: Item 10) 380 (Table: Strategies and Tactics) 444 Living Well News: The State of Youth Health 510 Travel Related Viruses 524 Can Hot Weather Make Us Vulnerable to Disease? 609-610 Knowing Your Consumer Rights and Responsibilities 616-617 Medical Coverage 561 Dietary Guidelines for Americans 561-564 MyPlate 666-668 Why Do People Smoke? 689 Alcohol Laws 721-724 Staying Safe on the Road 752-753 Air Pollution 764 Federal Agencies 765-766 Public Health and Prevention 766-767 Global Public Health Organizations and Issues 26 (Health Goals for the Nation: Where do they come from?: Web icon for Lifelong, Fitness, Health and wellness, lesson 2, web topic 2) 90 (AEDs: web icon for Health and Wellness Benefits, lesson 2, web icon 3) 378 (Nutrition Guidelines: web icon for A Healthy Diet, lesson 1, web icon 3) 617 Chapter 28.2: Topic 2: Affordable Care Act 560 Chapter 25.2: Topic 2: Sample Food Label 560 Chapter 25.2 Topic 3: Nutrient Claims</p>
---------------------------	--	---

<p>HE.912.C.2.5:</p>	<p>Evaluate the effect of media on personal and family health.</p> <p>Remarks/Examples</p> <p>Compares brand-name/store-brand items in home, analyzes television viewing habits, identifies effective PSAs, consumer skills, advertisements of health-related community resources, participation in risky behaviors, and deconstructs media to identify promotion of unhealthy stereotypes, and normalization of violence</p>	<p>15 World Wide Web 73 Consumer Corner: Too Good to Be True 315 Science in Action: Media Representation 353-360 Health and Fitness Quackery: All heading 355 Reliable Consumer Groups 353 Fit Fact: FTC and Ads 357 Science in Action: Sport/Energy Drinks 363 Evaluating Books and Articles 363-364 Evaluating Exercise Videos 364-365 Evaluating Internet Resource 365 Fit Fact: Muscle tone ads 381 Consumer Corner: TV Tactics 416 Fitness Technology: Social Support 15 World Wide Web: Reliable Fitness, Health and Wellness Sites web icon for Scientific Foundations, Lesson 1, web topic 3 73 Guidelines to protect consumers web icon for Program Planning, Lesson 2, web topic 3 353 Figure: Weight Loss Ad 367 Academic Connection: Critical Thinking 385 Project 418 Conflict Resolution 530 Body Image 530 Connect (Body Image) 442 Living Well News (Teens Under the Knife) 576 Connect (Weight Loss Surgery) 625 Role Models 626 Gender Roles 656 Healthy Communication (What Does It Mean to Grow Old) 673-375 Marketing and Counter-marketing 674 Advocacy In Action: Tackling tobacco ads 773-774 Skills for Healthy Living: Positive attitudes 271 Health and fitness in a bottle web icon for Ergogenic Aids and Muscle Fitness Exercise Planning, lesson 2, topic 2</p>
<p>HE.912.C.2.5: (continued)</p>		<p>313 Eating Disorders web icon for Body Composition Facts, lesson 1, topic 3 315 Media distortions of the body web icon for Body Composition Facts, lesson 1, topic 4 362 Exercise equipment web icon for Evaluating Health Clubs, Equipment, Media, and Internet Materials, lesson 2, topic 2 472 Chapter 21.1 Topic 2: Health Technology 632 Chapter 29.2 Topic 2: Cyberbullying 688 Chapter 32.2 Topic 2: Alcohol Depictions in the Media</p>

<p>HE.912.C.2.6:</p>	<p>Evaluate the impact of technology on personal, family, and community health.</p> <p>Remarks/Examples</p> <p>Automated external defibrillator in the community, pedestrian crosswalks with audible directions, type of information requested from local 211/hotlines or websites, consumer websites, Internet safety, and disease prevention and control.</p>	<p>15 (Fitness Technology: World Wide Web) 43 (Fitness Technology: Fitnessgram) 63 (Fitness Technology: Phones and Tablets) 73 (Consumer Corner: Evaluate Information) 81 (Medical Readiness) 87 (Fitness Technology: High-Tech Clothing) 106 (Fitness Technology: Activitygram) 111 (Science in Action: Personal Fitness Assess) 121 (Fitness Technology: Motion Anal. Systems) 138 (Consumer Corner: Technology) 150 (Fitness Technology: Pedometers/Acceler.) 165 (Fitness Technology: Heart Rate Monitors) 185 (Fitness Technology: GPS) 200 (Consumer Corner: WEB) 215 (Fitness Technology: Isokinetic Machines) 254 (Fitness Technology: Machine Memory) 314-317 (Lab Measures of Body Composition) 318 (Fitness Technology: BIA) 341 (Fitness Technology: Swim Watch) 355 (Consumer Corner: Reliable Consumer...) 355 (Icon link to websites) 359 (Fitness Technology: Quack Machines) 364-365 (Evaluating Internet Resources) 382 (Fitness Technology: Smart Computers) 390 (Science in Action: Biomechanical Analy...) 396 (Fitness Technology: Analysis Apps) 438 Health Technology (Accessing web information) 449 Health Technology (Sleep trackers) 472 Health Technology (Computer applications) 493 Health Technology (Artificial organs) 499 Health Technology (Bioelectrical impedance)</p>
----------------------	---	--

HE.912.C.2.6: (continued)		<p>516 Health Technology (Scanning and imaging diagnostic tests) 535 Health Technology (Virtual reality) 617 Health Technology (Web based healthcare rating systems) 554 Health Technology: Agricultural Biotechnology 565-566 Skills for Healthy Living: Self-Monitoring 583 Health Technology (Phytochemicals) 599 Health Technology (Biofeedback) 632 Cyberbullying 636 Health Technology (On-line dating) 657 Health Technology (Smart homes) 669 Planning for Healthy Living 676 Health Technology (e-cigarettes) 692 Health Technology (Apps for BAC measurements) 713 Health Technology (text messages for social support) 739 Health Technology (AEDs) 757 Health Technology (Built environment) 772 Health Technology (Social media) 416 (Fitness Technology: Social Support) 91 (AED) 231 (Fit Fact: EMG) 309 (Academic Connection: Critical Thinking) 15 (Fitness technology on the web (reliable web resources): web icon for Scientific Foundations, lesson 1, web icon 3) 73 (Guidelines to protect consumers: web icon for Program Planning, lesson 2, web icon 3) 90 (AEDs: web icon for Health and Wellness Benefits, lesson 2, web icon 3) 200 (Reliable web sites for health information: web icon for Preparing and Performing a Safe Vigorous Activity Plan, lesson 2, web icon 4) 365 (Who can you trust? Fitness information on the web: web icon for Evaluating Health Clubs, Equipment, Media, and Internet Materials, lesson 2, web icon 3) 416 (Social support via technology: web icon for Active Living Opportunities, lesson 2, web icon 4) 472 Chapter 21.1 Topic 2: Health Technology 632 Chapter 29.2 Topic 2: Cyberbullying 688 Chapter 32.2 Topic 2: Alcohol Depictions in the Media</p>
---------------------------	--	--

<p>HE.912.C.2.7:</p>	<p>Analyze how culture supports and challenges health beliefs, practices, and behaviors.</p> <p>Remarks/Examples</p> <p>Various cultures' dietary patterns, rites of passage, courtship practices, family roles, personal relationships, ethics, and parenting.</p>	<p>80, 107, 122, 124, 138, 174, 192, 203, 252, 295, 381, 396, 397, 402, 407, 414, 417, 461, 573 (Photos: Portraying Diversity)</p> <p>44 (Alpha FIT and Europe)</p> <p>149 (Fit Fact: Steps in other countries)</p> <p>185 (Cooper's Aerobics and Brazil)</p> <p>186 (Martial Arts Exercise)</p> <p>294-305 (Yoga, Tai Chi and Pilates)</p> <p>348-349 (Changing Attitudes)</p> <p>409 (Etiquette in Physical Activity)</p> <p>409-410 (Diversity: Respect for Others)</p> <p>108 (Alpha FIT)</p> <p>185 (Dance)</p> <p>360 (Introduction—Activity in other countries)</p> <p>376-377 (Dance Education)</p> <p>428 (Yoga and India)</p> <p>428 (Tai Chi)</p> <p>458-459 Groups and Health</p> <p>498-499 Health at Every Size</p> <p>642 Living Well News: Teens Under the Knife</p> <p>609 Linguistic and Cultural Barriers to Health Literacy</p> <p>573-574 Appetite</p> <p>626 Gender Roles</p> <p>626 Family Dynamics and Stability</p> <p>688 Alcohol and Popular Culture</p> <p>696 Living Well News: Are Americans Set Up to Become Alcoholics?</p> <p>704 Why Do People Use Illicit Drugs?</p> <p>770 Your Cultural Community</p> <p>437 Chapter 19.2 Topic 3: Social and Individual Determinants</p>
<p>HE.912.C.2.7: (continued)</p>		<p>459 Chapter 20.2 Topic 2: Global Health</p> <p>632 Chapter 29.2 Topic 3: Dating Relationships</p> <p>655 Chapter 30.2 Topic 2: Growing Old</p> <p>120 (Training skill-related fitness and sports from different countries: web icon for Skills and Skill-related Fitness, lesson 1, web topic 2)</p> <p>294 (yoga, tai chi: web icon for Preparing a Flexibility Exercise Plan, lesson 2, web icon 2)</p> <p>409 (Diversity: web icon for Social Interactions in Physical Activity, lesson 1, web icon 3)</p> <p>410 (Bullying and Sportsmanship: web icon for Social Interactions in Physical Activity, lesson 1, web icon 4)</p> <p>413 (Finding opportunities for PA around the world: web icon for Active Living Opportunities, lesson 2, web icon 3)</p>

<p>HE.912.C.2.8:</p>	<p>Analyze how the perceptions of norms influence healthy and unhealthy behaviors.</p> <p>Remarks/Examples</p> <p>Driving over the speed limit, teen parenting, binge drinking, relationships, parenting, health information, environmental practices, and media messages.</p>	<p>97 Academic Connections: Statistics 115 Academic Connections: Percentages 179-180 Self-Confidence 277 Finding social support 330-331 Self-Perceptions 331 Academic Connections: Quartiles 405-410 All Headings 407 Group Cohesiveness 412 Introduction 414 Organizing for Participation 415 Dare to Try: Optimal Challenge 416 Fitness Technology: Social Support 417 Helping Others 418 Conflict Resolution 419 Team Building 444 Living Well News: The State of Youth Health 530 Body Image 642 Living Well News: Teens Under The Knife 575 Are Energy Drinks a Good Thing? 576 Connect (Dieting) 602 Living Well News: Can Worksite Health Promotion Help? 625-626 Gender Roles 626-627 Family Dynamics and Stability 629-630 Safe and Healthy Peer Relationships 656 Healthy Communication (Stresses of Aging) 682-683 Alcohol and Alcohol Use 688 Alcohol and Popular Culture 688 Connect (Alcohol and Popular Culture) 689 Dangers of Caffeinated Alcoholic Beverages 690 Minimum Drinking Age Act 696 Living Well News: Are Americans Set Up to Become Alcoholics?</p>
----------------------	--	--

HE.912.C.2.8: (continued)		<p>710-711 Fads and Fantasies 704 Why Do People Use Illicit Drugs? 721-724 Staying Safe On The Road (all) 729 Assault, Battery and Homicide 727 Connect (High Risk Recreational Activities) 747 Conspicuous Consumption 14 Exercise Sociology 38-39 Social and Individual Determinants 54 Table: Social Support, Resolving Conflict 55 Skills That Help You Maintain Change 113 Environment 345 Table: Social Support, Resolving Conflict 346 Physical activities a way to meet people 349 Be active with Friends 384 Cooperative Games 313 Eating disorders: web icon for Body Composition Facts, lesson 1, topic 3 315 Media distortions of the body: web icon for Body Composition Facts, lesson 1, topic 4 346 Changing negative attitudes: web icon for Maintaining Active Lifestyles, Lesson 2, web topic 3 365 Who can you trust? Fitness information on the web: web icon for Evaluating Health Clubs, Equipment, Media, and Internet Materials, lesson 2, web icon 3 381 TV tactics, decoding ads: web icon for Strategy and Tactics, lesson 2, web icon 2 410 Bullying and Sportsmanship: web icon for Social Interactions in Physical Activity, lesson 1, web icon 4 530 Chapter 24.1 Topic 3: Body Image 632 Chapter 29.2 Topic 2: Cyberbullying 633 Chapter 29.2 Topic 4: Setting Limits 667 Chapter 31.1 Topic 2: Trends in Tobacco Use 710 Chapter 33.2 Topic 2: Drug Experimentation</p>
---------------------------	--	---

HE.912.C.2.9:	Evaluate the influence of personal values, attitudes, and beliefs about individual health practices and behaviors.	178-179 Skills for Building Self-Confidence 277 Finding Social Support 306 Overcoming Barriers 344-346 Strengthening Positive Attitudes 346-347 Changing Negative Attitudes 348 Changing Attitudes 348-349 Skills for Building Positive Attitudes 400 Positive Self-Talk 400-401 Skills for Positive Self-Talk 405-407 Teams and Teamwork 406 Science in Action: Group Cohesiveness 410 Sportsmanship 408-409 Making and Enforcing Rules 409 Etiquette in Physical Activity 409 Diversity: Respect for Others 410 Sensitivity, Trust, and Respect 418 Skills for Conflict Resolution 738 Weather Related Emergencies 460 Health Science (Cognitive Theories) 471 Advocacy In Action (Positive Attitudes) 493 Connect (organ donation) 500-501 Skills for Healthy Living (Self-confidence) 529 Tips for Healthy Self-Esteem 531 Spiritual Wellness 610 Healthy Communication (Trust and Confidentiality) 550 Diverse Perspectives: Being Vegan 592-593 Sources of Stress and Connect feature
---------------	--	---

HE.912.C.2.9: (continued)		<p>626 Healthy Communication (Gender Roles) 626 Family Dynamics and Stability 629-630 Safe and Healthy Peer Relationships 630-631 Resisting Negative Peer Pressure 632-633 Dating Relationships 633 Setting Limits 635 Valuing Your Social Health 645-647 Adolescence and Connect feature 714-715 Building Refusal Skills 747 Connect (The Four R's) 773-774 Skills for Healthy Living: Positive Attitudes 315 Media distortions of the body: web icon for Body Composition Facts, lesson 1, topic 4 338 Changing negative attitudes: 346 web icon for Maintaining Active Lifestyles, Lesson 2, web topic 3 361 Learning to Think Critically 51 stages of change: web icon for Learning Self-Management Skills, lesson 2, web icon 2 172 Ratings of perceived exertion: web icon for Building Cardiorespiratory Endurance, lesson 2, web icon 2 271 Health and fitness in a bottle: web icon for Ergogenic Aids and Muscle Fitness Exercise Planning, lesson 2, web icon 2 365 Who can you trust? Fitness information on the web: web icon for Evaluating Health Clubs, Equipment, Media, and Internet Materials, lesson 2, web icon 3 381 TV tactics, decoding ads): web icon for Strategy and Tactics, lesson 2, web icon 2 410 Bullying and Sportsmanship: web icon for Social Interactions in Physical Activity, lesson 1, web icon 4 577 Chapter 26.2 Topic 3: Consumer Corner: Selecting Diet Products and Services 7 632 Chapter 29.2 Topic 3: Dating Relationships 633 Chapter 29.2 Topic 4: Setting Limits 710 Chapter 33.2 Topic 2: Drug Experimentation 746 Chapter 35.1 Topic 2: Recycling</p>
---------------------------	--	--

HE.912.P.7.1:	Analyze the role of individual responsibility in enhancing health.	16-17 Science in Action: Warm-Up, Cool-Down 32-33 Learning to Self-Assess 37-38 Determinants of Fitness, Health, Wellness 41-43 Stairway to Lifetime Fitness, Health... 51-55 Self-Management Skills, entire lesson 56-57 Building Knowledge and Understanding 61-64 Goal Setting, entire lesson 69-74 Self-planning, entire lesson 152-154 Moderate activity plan, entire lesson 196-200 Vigorous activity plan,, all pages 273-275 Muscle fitness exercise plan, all pages 296-299 Flexibility Exercise plan, all pages 335-341 Physical Activity Plan, all pages 353-365 Making Good Consumer Choices, all 366-367 Learning to Think Critically, all 51 Stages of Change web icon for Learning Self-Management Skills, Lesson 2, web topic 2 271 Health and fitness in a bottle web icon for Ergogenic Aids and Muscle Fitness Exercise Planning, lesson 2, topic 2 158 Moderate Activity Plan 11 The Scientific Method 15 Fitness Technology: World Wide Web 73 Consumer Corner 203 Vigorous Activity Plan 278 Muscle Fitness Plan 307 Flexibility Exercise Plan 345 Table 350 Your Physical Activity Plan 81 Medical readiness for Physical activity and sport web icon for Safe and Smart physical activity, Lesson 1, web topic 2
---------------	--	--

HE.912.P.7.1: (continued)		<p>72 Health risk factors web icon for Health and Wellness benefits, Lesson 2, web topic 4 328 Physical Activity and Fat Loss web icon for Energy Balance, lesson 2, topic 2 448-455 Healthy Lifestyle Choices (all) 468-469 Skills for Healthy Living (all) 470-471 Personal Characteristics That Function Like Skills for Healthy Living (all) 474-477 The Five Steps In Making A Healthy Living Plan (all) 479 Living Well News: Can You Make A Contract for Good Health? 609-610 Knowing Your Consumer Rights and Responsibilities 611-612 Self-Assessment: My Healthcare Consumer Skills 613-614 Self-Care 624-625 Family Roles 638-639 Skills for Healthy Living: Conflict Resolution 747 Conspicuous Consumption 435 Self-Assessment: Wellness Questionnaire 441-442 Making Healthy Decisions/Skills for Healthy Living: Self-assessment 456-457 Self-Assessment: Stages of Health Behavior 462-463 Making Healthy Decisions/Skills for Healthy Living: Goal Setting 473 Self-Assessment: Healthy Living Skills 478 Making Healthy Decisions/Skills for Healthy Living: Self-Planning 494-495 Self-Assessment/Planning for Healthy Living: Body Mass Index 500-501 Making Healthy Decisions/Skills for Healthy Living: Self-confidence 512-513 Self-assessment/Planning for Healthy Living:: My disease Prevention IQ 523 Making Healthy Decisions: Identifying Risk Factors 533 Self-Assessment/Planning for Healthy Living: My Self-Esteem 541 Making Healthy Decisions/Skills for Healthy Living: Providing Social Support 611-612 Self-Assessment/Planning for Healthy Living: My Healthcare Consumer Skills 618-619 Making Healthy Decisions/Skills for Healthy Living: Critical Thinking</p>
---------------------------	--	---

HE.912.P.7.1: (continued)

555-558 Self-Assessment Planning for Healthy Living: Rate My Plate
565-566 Making Healthy Decisions/Skills for Healthy Living: Self-Monitoring
578-579 Self-Assessment/Planning for Healthy Living: What Motivates Your Eating?
595 Self-Assessment/Planning for Healthy Living: Stress Management
600-601 Making Healthy Decisions/Skills for Healthy Living: Time Management
628 Self-Assessment/Planning for Healthy Living: Rate Your Relationship
638-639 Making Healthy Decisions/Skills for Healthy Living: Conflict Resolution
651-652 Self-Assessment/Planning for Healthy Living: My Spiritual Wellness
659 Making Healthy Decisions/Skills for Healthy Living: Intrinsic Motivation
669 Self-Assessment/Planning for Healthy Living: My Tobacco Knowledge
677 Making Healthy Decisions/Skills for Healthy Living: Preventing Relapse
687 Self-Assessment/Planning for Healthy Living: My Alcohol Knowledge
694-695 Making Healthy Decisions/Skills for Healthy Living: Finding Social Support
706-707 Self-Assessment/Planning for Healthy Living: My Drug Knowledge
714-715 Making Healthy Decisions/Skills for Healthy Living: Building Refusal Skills
730 Self-Assessment/Healthy for Healthy Living: My Injury Prevention and Emergency Preparedness
740-741 Making Healthy Decisions/Skills for Healthy Living: Skill Building
750 Self-Assessment/Planning for Healthy Living: How Green Are You?
759 Making Healthy Decisions/Skills for Healthy Living: Overcoming Barriers
773-774 Making Healthy Decisions/Skills for Healthy Living: Building Positive Attitudes

HE.912.P.7.2:

Evaluate healthy practices and behaviors that will maintain or improve health and reduce health risks.

Remarks/Examples

Lifestyle choices: drug use/abuse, healthy diet, controlling modes of transmission of infectious agents, riding with impaired drivers, seeking mental-health services when needed, sexual behavior, and engaging in healthy relationships.

Self-Assessments for Every Chapter

43 Fitness Technology: Fitnessgram
81-82 Medical Readiness
82-83 Readiness for Extreme Environmental ..
96-97 Reducing Risk Factors
97 Statistics and Blood Pressure
102-103 FIT Formula: How Much Activity....
110-111 Fitness Standards and Rating Categories
114-115 Self-Monitoring
120-121 Assessing Skill-related Fitness
121 Motion Analysis System
132-134 Injury Risk
135-137 Evaluating Risky Exercises
138 Putting Technology in Action
149-150 Counting Steps and Calories
150 Pedometers and Accelerometers
156-157 Managing Time
166-167 Cardiovascular Assessment
168 How Much CRE Is Enough?
168 Science in Action: Aerobic Capacity
216-217 Muscle Fitness Assessment
257 Mechanics of Lifting
277 Skills for Social Support
314-316 Lab Measures of Body Composition
316-318 Non-Laboratory Measures of BC
318-319 What is My Ideal Weight?
327 Energy Expenditure Determination
329 Calculating Daily Calorie Expenditure
361 Evaluating Health Clubs
363 Evaluating Books and Articles

HE.912.P.7.2: (continued)

363-364 Evaluating Exercise Videos
363-365 Evaluating Internet Resources
435 Self-assessment: Wellness Questionnaire
436-439 Determinants of Health and Wellness
439-440 Benefits of Healthy Lifestyle for Teens
448-455 Healthy Lifestyle Choices
456-457 Self-Assessment: Stages of Health Behavior
467-472 Lesson 21.1: Skills for Healthy Living
473 Self-assessment: Healthy Living Skills
510-511 Preventing Infectious Diseases
517 Preventing Skin Cancer
522-523 Self-Assessment: My Disease Prevention IQ
521 Preventing Chronic Diseases
527-530 Emotional Health and Wellness
613 Self-Care
555-558 Self-Assessment: Rate My Plate
559-561 Selecting Healthy Food
561-564 My Plate
571 What is Energy Balance?
578-579 Self-assessment: What Motivates Your Eating?
580-584 Healthy Eating Habits (entire lesson)
592-594 Avoiding Stressful Situations
459 Self-assessment: Stress Management
596-599 Lesson 27.2: Stress Management Techniques
628 Self-assessment: Rate Your Relationship
629-630 Safe and Healthy Peer Relationships
630-631 Resisting Negative Peer Pressure
632-634 Dating Relationships

HE.912.P.7.2: (continued)

645-647 Adolescence
708-709 Prescription Drugs
709 Over-the-counter-drugs
721-729 Lesson 34.1: Safety
730 Self-assessment: My Injury Prevention and Emergency Preparedness
738 Weather Related Emergencies
739 Emergency Preparedness
Page 92 web icon for Health and Wellness benefits, Lesson 2, web topic 4 Health risk factors
Page 106 web icon for How much physical activity is enough, Lesson 1, web topic 3 Activitygram
11 Scientific Method
73 Fitness Technology: Phones & Tablets
69 Determining Personal Needs
72 Keep a Log and Evaluate
96 Skills for Reducing Risk Factors
139-140 Improving Performance Skills
148 Table: FIT formula for Moderate....
152 Determining Personal Needs
155 Keep a Log and Evaluate.....
196 Determining Personal Needs
249 Preventing Relapse
251 Project
256 Healthy Back Test
273 Determining Personal Needs
277 Skills for Social Support
286 Table: FIT Formula for Flexibility
287 Fitness Technology: Goniometers
296 Determining Personal Needs
326 FIT Formula for Fat Control
335 Determining Personal Needs
341 Fitness Technology: Swim Watches

HE.912.P.7.2: (continued)	<p>345 Table: Self Management Skills 366-367 Skills for Critical Thinking 381 Collect New Information 51 Stages of Change web icon for Learning Self-Management Skills, Lesson 2, web topic 2 90 Sedentary living and CVD web icon for Health and Wellness benefits, Lesson 2, web topic 2 132 Common Injuries web icon for Physical Activity and Injury, Lesson 2, web topic 2 138 Concussions web icon for Physical Activity and Injury, Lesson 2, web topic 3 150 Motion Sensors web icon for Moderate Physical Activity, Lesson 1, web topic 3 155 Logging physical activity web icon for Preparing a Moderate Physical Activity Plan, Lesson 1, web topic 3 162 Benefits of cardiorespiratory endurance web icon for Cardiorespiratory Endurance facts, Lesson 1, web topic 2 294 Yoga, Tai Chi (mind/body) rehabilitation web icon for Preparing a Flexibility Plan, lesson 2, topic 2 295 Safe flexibility exercises web icon for Preparing a Flexibility Plan, lesson 2, topic 3 315 Media distortions of the body web icon for Body Composition Facts, lesson 1, topic 4 328 Physical Activity and Fat Loss web icon for Energy Balance, lesson 2, topic 2 340 Exercise and the brain web icon for Physical Activity and Fitness Assessment, lesson 1, topic 3 453 Chapter 20.1 Topic 3: Seek and Follow Appropriate Medical Advice 477 Chapter 21.2 Topic 2: Accountability 511 Chapter 23.1 Topic 4: Contraceptives and Disease Prevention 561 Chapter 25.2 Topic 4: Dietary Guidelines for Americans 727 Chapter 34.1 Topic 2: Concussions in Sports</p>
---------------------------	---

<p>HE.912.P.8.1:</p>	<p>Demonstrate how to influence and support others in making positive health choices.</p> <p>Remarks/Examples</p> <p>Avoidance of underage drinking, prevention of driving under the influence, suicide prevention, promotion of healthy dating/personal relationships, responsible parenting, disease prevention, and promotion of first-aid training.</p>	<p>125 Science in Action: Feedback 125 Communication 230 Practice Proper Exercise and Spotting 277 Skills for Social Support 282 Rehabilitation from Injury 306 Overcoming Barriers 277 Finding social support 349 Skills for Building Positive Attitudes 383 Skills for Developing Tactics 417 Helping Others 418 Conflict Resolution 419 Team Building 441 Making Healthy Decisions: Self-assessment 445 Take It Home (self-assessing health) 465 Take It Home (stages of behavior change) 480 Take It Home (healthy living skills) 500 Making Healthy Decisions: Self-confidence 503 Take It Home (body weight and health) 523 Making Healthy Decisions: Identifying Risk Factors 525 Take It Home (disease prevention) 541 Making Healthy Decisions: Providing Social Support (suicide prevention) 543 Take It Home (accomplishment journal) 565 Making Healthy Decisions: Self-monitoring 569 Take It Home (healthy snacks) 585 Making Healthy Decisions: Nutrition Information 600 Making Healthy Decisions: Time Management 603 Take It Home (relaxation techniques)</p>
----------------------	---	---

HE.912.P.8.1: (CONTINUED)		<p>629-630 Safe and Healthy Peer Relationships 632-635 Dating Relationships (all) 631 Bullying 717 Take It Home (OTC drugs use) 638 Making Healthy Decisions: Conflict Resolution 659 Making Healthy Decisions: Intrinsic Motivation 677 Making Healthy Decisions: Preventing Relapse 721-724 Staying Safe on the Road (all) 740 Making Healthy Decisions: Skill Building (first aid and CPR skills) 743 Take It Home (emergency preparedness) 776 Take It Home (community and health) 51 stages of change: web icon for Learning Self-Management Skills, lesson 2, web icon 2 61 Goal Setting: web icon for Goal Setting, lesson 1, web topic 2 346 Changing negative attitudes: web icon for Maintaining Active Lifestyles, lesson 2, web topic 2 405 Leadership and Sportsmanship: web icon for Social Interactions in Physical Activity, lesson 1, web icon 2 410 Bullying and Sportsmanship: web icon for Social Interactions in Physical Activity, lesson 1, web icon 4 413 Finding opportunities for PA around the world: web icon for Active Living Opportunities, lesson 2, web icon 3 54 Table: Social Support, Resolving Conflict 306 Skills for Overcoming Barriers 314 Anorexia Nervosa 314 Fit Fact: Overweight Teens 345 Table: Social Support, Resolving Conflict 384 Cooperative Games 39 Preventing illness with healthy lifestyles: web icon for Adopting Healthy Lifestyles, lesson 1, topic 2 69 Program Planning: web icon for Program Planning, lesson 1, web topic 2 381 TV tactics, decoding ads: web icon for Strategy and Tactics, lesson 2, web icon 2</p>
---------------------------	--	---

<p>HE.912.P.8.3:</p>	<p>Work cooperatively as an advocate for improving personal, family, and community health.</p> <p>Remarks/Examples</p> <p>Support local availability of healthy food options; environmentally friendly shopping; victim, drug or teen court advocacy; advocate for peer-led abuse-prevention education programs, community resource information; and home/school safety.</p>	<p>277 Finding social support 330-331 Self-Perceptions 405-410 All Headings 407 Group Cohesiveness 412 Introduction 414 Organizing for Participation 415 Dare to Try: Optimal Challenge 416 Fitness Technology: Social Support 417 Helping Others 418 Conflict Resolution 419 Team Building 14 Exercise Sociology 38-39 Social and Individual Determinants 54 Table: Social Support, Resolving Conflict 55 Skills That Help You Maintain Change 113 Environment 345 Table: Social Support, Resolving Conflict 346 Physical activities a way to meet people 349 Be active with Friends 384 Cooperative Games 471 Advocacy In Action: Positive Attitudes 539 Advocacy In Action: Mental Health Awareness 610 Advocacy In Action: Know Your Medical History 674 Advocacy In Action: Tackling Tobacco Ads 748 Advocacy In Action: Promoting Recycling 771 Becoming an Advocate 771 How To Advocate Effectively 673 Marketing and Counter-marketing 85 Exercise and the environment: web icons for Safe and Smart Physical Activity, lesson 1, topic 3 346 Physical activity and the environment: web icons for Maintaining Active Lifestyles, lesson 2, topic 2 405 Leadership and Sportsmanship: web icon for Social Interactions in Physical Activity, lesson 1, web icon 2 410 Bullying and Sportsmanship: web icon for Social Interactions in Physical Activity, lesson 1, web icon 4</p>
----------------------	--	--

LACC.910.L.3.6:	Acquire and use accurately general academic and domain-specific words and phrases, sufficient for reading, writing, speaking, and listening at the college and career readiness level; demonstrate independence in gathering vocabulary knowledge when considering a word or phrase important to comprehension or expression.	<p>Lesson Vocabulary is included at the beginning of every lesson. Also key words highlighted in text of each lesson. Key terms are included in the glossary as well as online at the student website.</p> <p>Reviewing Concepts and Vocabulary (all) 777-791 Glossary 27 Fit Fact: Cardiorespiratory Endurance 57 Academic Connect: Accurate Use of Words 76 Academic Connect: Mnemonics/Acronyms 103 Fit Fact: Mnemonic Acronym 105 Fit Fact: Aerobic 119 Skill/Motor Skills 161 Aerobic Capacity 202 Academic Connect: Figurative Language 463 Academic Connection: Domain Specific Language 367 Academic Connect: Critical Thinking 373 Fit Fact: Literacy 373 Introduction: Literacy 401 Academic Connect: Multiple Meanings 14-15 Motor Learning 53 Skill 162 Cardiorespiratory endurance/endurance 160 Aerobic Capacity 171 Aerobic 189 Science in Action: Anaerobic 211 Cardiorespiratory Endurance..... 401 Force 401 Power 12 The Scientific Method: web icon for Scientific Foundations, lesson 1, web icon 2 101 Principle of Overload: Web icon for How much physical activity is enough?, lesson 1, web topic 2 147 Energy Systems: Web icon for Moderate Physical Activity Facts, lesson 1, web topic 2 189 Anaerobic activity and interval training: Web icon for Vigorous Aerobics, Sport, and Recreation, lesson 1, web topic 3 276 Periodization: Web icon for Ergogenic Aids and Muscle Fitness Exercise Planning, lesson 1, web topic 3</p>
-----------------	---	--

LACC.910.RL.2.4:	Determine the meaning of words and phrases as they are used in the text, including figurative and connotative meanings; analyze the cumulative impact of specific word choices on meaning and tone (e.g., how the language evokes a sense of time and place; how it sets a formal or informal tone).	<p>Lesson Vocabulary is included at the beginning of every lesson. Also key words highlighted in text of each lesson. Key terms are included in the glossary as well as online at the student website.</p> <p>Reviewing Concepts and Vocabulary (all) 777-791 Glossary 27 Fit Fact: Cardiorespiratory Endurance 57 Academic Connect: Accurate Use of Words 76 Academic Connect: Mnemonics/Acronyms 103 Fit Fact: Mnemonic Acronym 105 Fit Fact: Aerobic 119 Skill/Motor Skills 161 Aerobic Capacity 202 Academic Connect: Figurative Language 367 Academic Connect: Critical Thinking 373 Fit Fact: Literacy 373 Introduction: Literacy 401 Academic Connect: Multiple Meanings 14-15 Motor Learning 53 Skill 162 Cardiorespiratory endurance/endurance 160 Aerobic Capacity 171 Aerobic 189 Science in Action: Anaerobic 211 Cardiorespiratory Endurance..... 401 Force 401 Power 12 The Scientific Method: web icon for Scientific Foundations, lesson 1, web icon 2 226 Principles of overload and progression: web icon for Building Muscle Fitness, lesson 2, web icon 2 313 Metabolic Syndrome: web icon for Body Composition, lesson 1, web icon 2 439 TV tactics, decoding ads: web icon for Strategy and Tactics, lesson 2, web icon 2 412 Self-determination: web icon for Strategy and Tactics, lesson 2, web icon 2</p>
------------------	--	--

LACC.910.SL.1.1:	Initiate and participate effectively in a range of collaborative discussions (one-on-one, in groups, and teacher-led) with diverse partners on grades 9–10 topics, texts, and issues, building on others' ideas and expressing their own clearly and persuasively.	<p>Taking Charge in every chapter of part 1</p> <p>Lesson Plans for every chapter: discussion of key topics are an essential element of all lesson plans</p> <p>Projects at the end of every chapter of part 1</p> <p>Healthy Communication (part 2) (ALL)</p> <p>Making Healthy Decisions – Discussion Questions (part 2) (ALL)</p> <p>Living Well News – For Discussion (part 2) (ALL)</p> <p>313 Check for Sound Information</p> <p>618-619 Skills for Healthy Living: Critical Thinking</p> <p>592-593 Assertiveness</p> <p>638-639 Skills for Healthy Living: Conflict Resolution</p>
------------------	--	--

LACC.910.W.3.8:	Gather relevant information from multiple authoritative print and digital sources, using advanced searches effectively; assess the usefulness of each source in answering the research question; integrate information into the text selectively to maintain the flow of ideas, avoiding plagiarism and following a standard format for citation.	<p>Projects and Take It Home Activities located in the Chapter Review section at the end of each chapter.</p> <ul style="list-style-type: none"> 11 Scientific Method 15 Fitness Technology: World Wide Web 43 Fitness Technology: Fitnessgram 32-33 Self-Assessment 41-43 Stairway to Lifetime Fitness, Health.... 56-57 Building Knowledge and Understanding 63 Fitness Technology: Phones and Tablets 73 Consumer Corner: Evaluate Information 97 Academic Connection: Statistics 106 Fitness Technology: Activitygram 115 Academic Connection: Percentages 121 Fitness Technology: Motion Anal. Systems 125 Science in Action: Feedback 138 Consumer Corner: Technology 150 Fitness Technology: Pedometers/Acceler. 165 Fitness Technology: Heart Rate Monitors 185 Fitness Technology: GPS 200 Consumer Corner: WEB 269-272 Ergogenic Aids 271 Consumer Corner: Health in a Bottle 315 Science in Action: Media Misrepresent.... 340 Science in Action: Exercise & Academics 353-359 Health and Fitness Quackery (full lesson) 355 Consumer Corner: Reliable Consumer... 356 Science in Action: Sport/Energy Drinks 361-365 Evaluating Media etc. (full lesson) 366-367 Learning to Think Critically
-----------------	---	--

LACC.910.W.3.8: (continued)		<p>367 Academic Connection: Critical Thinking 381 Consumer Corner: Creating Need 414 Organizing for Participation 416 Fitness Technology: Social Support 54 Table: Self-Management Skills 83 Science in Action: Safe Exercise 148 Science in Action: Sedentary Living 212 Science in Action: Resistance Exercise 228 Fit Fact: Organizations 254 Fitness Technology: Machine Memory 282 Fit Fact: Physical Therapists 318 Fitness Technology: BIA 341 Fitness Technology: Swim Watch 375 Science in Action: Top 10 374 Fit Fact: Harvard Survey 390 Science in Action: Biomechanical Analy.. 396 Fitness Technology: Analysis Apps 408 Fit Fact: Survey Web topics in all chapters. 12 The Scientific Method: web icon for Scientific Foundations, lesson 1, web icon 2 73 Guidelines to protect consumers: web icon for Program Planning, lesson 2, web icon 3 200 Reliable sites for health information: web icon for Preparing and Performing a Safe and Vigorous, lesson 2, web icon 4 271 Health and fitness in a bottle: web icon for Ergogenic Aids and Muscle Fitness Exercise Planning, lesson 2, web icon 2 315 Media distortions of the body: web icon for Body Composition Facts, lesson 1, topic 4 355 Reliable web resources: web icon for Health and Fitness Quackery, lesson 2, web topic 2 365 Who can you trust? Fitness information on the web: web icon for Evaluating Health Clubs, Equipment, Media, and Internet Materials, lesson 2, web icon 3 401 Teen resources, hotlines and social support: web icons for Facts About Stress, lesson 1, topic 3 381 TV tactics, decoding ads: web icon for Strategy and Tactics, lesson 2, web icon 2 413 Finding opportunities for PA, around the world: web icon for Active Living Opportunities, lesson 2, web icon 3</p>
-----------------------------	--	---

LACC.910.WHST.2.6:	Use technology, including the Internet, to produce, publish, and update individual or shared writing products, taking advantage of technology's capacity to link to other information and to display information flexibly and dynamically.	<p>Web topics in all chapters</p> <p>15 (Fitness Technology: World Wide Web)</p> <p>15 (web icon for lesson 1, web topic 3: World Wide Web)</p> <p>43 (Fitness Technology: Fitnessgram)</p> <p>63 (Fitness Technology: Smartphones and Tablet Computers)</p> <p>73 (Consumer Corner: Too Good to Be True)</p> <p>81 (Medical Readiness)</p> <p>87 (Fitness Technology: High-Tech Exercise Clothing)</p> <p>106 (Fitness Technology: Activitygram)</p> <p>111 (Science in Action: Personal Fitness Assessment)</p> <p>121 (Fitness Technology: Motion Analysis Systems)</p> <p>138 (Consumer Corner: Putting Technology Into Action)</p> <p>150 (Fitness Technology: Pedometers and Accelerometers)</p> <p>165 (Fitness Technology: Heart Rate Monitors)</p> <p>185 (Fitness Technology: Global Positioning System)</p> <p>200 (Consumer Corner: Using the Web for Fitness, Health, and Wellness Information)</p> <p>215 (Fitness Technology: Isokinetic Exercise Machines)</p> <p>254 (Fitness Technology: Exercise Machines With Memory)</p> <p>314-317 (Laboratory Measurements for Assessing Body Composition)</p> <p>318 (Fitness Technology: Bioelectrical Impedance Analysis)</p> <p>341 (Fitness Technology: Swim Watches)</p> <p>355 (Consumer Corner: Reliable Consumer Groups)</p> <p>355 (web icon for lesson 1, web topic 2: Reliable Web Resources)</p> <p>359 (Fitness Technology: Quack Machines)</p> <p>364-365 (Evaluating Internet Resources)</p> <p>382 (Fitness Technology: Computers Keep Getting Smarter)</p> <p>390 (Science in Action: Biomechanical Analysis)</p>
LACC.910.WHST.2.6: (continued)		<p>396 (Fitness Technology: Movement Analysis Apps)</p> <p>416 (Fitness Technology: Social Support)</p> <p>63 (web icon for lesson 1, web topic 3: FitPhones?)</p> <p>150 (web icon for lesson 1, web topic 3: Keeping Track of Physical Activity)</p> <p>165 (web icon for lesson 1, web topic 3: Monitoring Heart Rate)</p> <p>197 (web icon for lesson 2, web topic 3: How Hard Is That Activity?)</p> <p>231 (Fit Fact)</p> <p>367 (Academic Connection: Critical Thinking Skills)</p> <p>438 Health Technology</p> <p>449 Health Technology</p> <p>772 Health Technology</p> <p>Consumer Corner on pages 454, 511, 577, 712, 765</p>

<p>MACC.912.S-ID.1.2:</p>	<p>Use statistics appropriate to the shape of the data distribution to compare center (median, mean) and spread (interquartile range, standard deviation) of two or more different data sets. Remarks/Examples In grades 6 – 8, students describe center and spread in a data distribution. Here they choose a summary statistic appropriate to the characteristics of the data distribution, such as the shape of the distribution or the existence of extreme data points.</p>	<p>97 Academic Connections: Statistics 115 Academic Connections: Percentages 331 Academic Connections: Quartiles 25 Introduction 39 Healthy Lifestyle Choices 39 Fit Fact 93 Obesity 94 Other Hypokinetic Conditions 113 Fit Fact 134 Use Moderation 148 Science in Action 200 Consumer Corner 254 Back Problems 269 Introduction 272 Fit Fact 311 Fit Fact 314 Fit Fact 347 Fit Fact 374 Fit Fact 408 Fit Fact 443 Academic Connections: Percent and Percentages 715 Academic Connection: Understanding Risk: Probability 741 Academic Connection: Causation and Correlation 774 Academic Connection: D86 Making Sense of Concentrations</p>
---------------------------	--	--

PE.912.C.2.10:	Analyze long-term benefits of regularly participating in physical activity.	40-41 Benefits of Healthy Lifestyles 90-95 Entire lesson, Health/Wellness Benefits 101-107 Entire lesson, How Much Is Enough? 104 Physical Activity Pyramid 121-122 Building a Skill Related Fitness Profile 123 Skill Related Benefits of Activity 134 Guidelines list 135-137 Risky Exercises 141 Safe Exercise Circuit 147 Why Should I do Moderate Activities 147-150 How Much Moderate Activity is Enough? 153 Consider Program Options 162-166 All headings, Benefits of Activity/CRE 183-191 Vigorous Activities (entire lesson) 190 Science in Action: Anaerobic Activity 197 Consider Program Options 201 Activity Participation 226 Health Benefits of Muscle Fitness Exercise 231-233 Building Muscle Fitness other headings 235-248 Muscle Fitness Exercise Tables 254-258 All pages, Back and Posture Health 259-262 Core Exercises 263-265 Calisthenics 281-283 Benefits of Good Flex (all headings) 294 Yoga, Tai Chi, Pilates 277 Consider Your Program Options 300-305 Table: Flexibility Exercises 327 Energy Expenditure of Activities 328 Physical Activity and Fat Loss
----------------	---	--

PE.912.C.2.10: (continued)		<p>335-336 Consider Your Program Options 373-377 Opportunities in Physical Education 375 Top 10 Reasons for Quality PE 39 Science in Action: Heredity..... 39 Healthy Lifestyle choices 41-43 Stairway 51-52 Stages of Change 39 preventing illness with healthy lifestyles: web icon for Adopting Healthy Lifestyles, lesson 1, web icon 2 91 Cardiovascular disease: web icon for Health and Wellness Benefits, lesson 2, web icon 2 162 Benefits of good cardiorespiratory fitness: web icon for Cardiorespiratory Endurance Facts, lesson 1, topic 2 256 Back health: web icon for Core Fitness, Posture, and Back Care, lesson 1, topic 3 27 Components of health-related fitness: web icon for Lifelong, Fitness, Health and wellness, lesson 2, web topic 3 51 stages of change: web icon for Learning Self-Management Skills, lesson 2, web icon 2 61 goal setting: web icon for Goal Setting, lesson 1, web icon 2 69 program planning steps: web icon for Program Planning, lesson 2, web icon 2 92 Risk factors: web icon for Health and Wellness Benefits, lesson 2, web icon 4 375 The importance of Physical Education, physical, emotional, academic: web icon for Opportunities in Physical Education, lesson 1, topic 3 389 Fundamental movement skills: web icon for Moving Your Body, lesson 1, topic 3</p>
----------------------------	--	---

<p>PE.912.C.2.11:</p>	<p>Explain how each of the health-related components of fitness are improved through the application of training principles.</p> <p>Remarks/Examples</p> <p>The health-related components of fitness are cardiorespiratory endurance, muscular strength, muscular endurance, flexibility and body composition.</p>	<p>102-103 Principles of Physical Activity 104-107 Physical Activity Pyramid 134 Risky Exercises 147-149 How Much Moderate Activity..... 171-172 How Much Vigorous Activity 192-193 Assessing Jogging Technique 209-211 Muscle Fitness Facts 212-213 Fitness Principles and Muscle Fitness 213-216 Muscle and Muscle Biomechanics 215 Fitness Technology: Isokinetic Machines 216-217 Muscle Fitness Assessment 217 Absolute Versus Relative Strength 218-225 Muscle Fitness Testing 226-233 Building Muscle Fitness (full lesson) 253-258 Core Fitness, Posture, Back Care (all) 250 Taking Action: Resistance Machine Ex... 256 Biomechanical Principles 257 Science in Action: Lifting Mechanics 281-283 Benefits of Good Flex (all headings) 294 Yoga, Tai Chi, Pilates 269-272 Ergogenic Aids 273-276 Preparing a Muscle Fitness Plan 296-299 Planning a Flexibility Exercise Program 335-340 Your Comprehensive Plan (all pages) 44-50 Self-Assessment Muscle Fitness 88-89 Self-Assessment: Pacer and Trunk Lift 172-173 Self-Assessment: Muscle Fitness Testing 218-225 Self-Assessment: Healthy Back Test 320-324 Self-Assessment: Your Fitness Test</p>
-----------------------	--	---

PE.912.C.2.11: (continued)		<p>342-343 Self-Assessment: Assessing Your Posture 387-388 Biomechanical Principles 101 Principle of Overload: Web icon for How much physical activity is enough?, lesson 1, web topic 2 189 Anaerobic activity and interval training: Web icon for Vigorous Aerobics, Sport, and Recreation, lesson 1, web topic 3 226 Principles of overload and progression: web icon for Building Muscle Fitness, lesson 2, web icon 2 276 Periodization: Web icon for Ergogenic Aids and Muscle Fitness Exercise Planning, lesson 1, web topic 3 328 Physical activity and fat loss: Web icon for Energy balance, lesson 2, web topic 2 278 Your Muscle Fitness Plan 402 Applying Principles 27 Components of health-related fitness: web icon for Lifelong, Fitness, Health and wellness, lesson 2, web topic 3 147 Energy Systems: Web icon for Moderate Physical Activity Facts, lesson 1, web topic 2 162 Benefits of good cardiorespiratory fitness: web icon for Cardiorespiratory Endurance Facts, lesson 1, topic 2 184 Vigorous aerobic activity: Web icon for Vigorous Aerobics, Sport, and Recreation, lesson 1, web topic 2 195 Fitness for sport and physical activity: Web icon for Preparing and Performing a Safe and Vigorous, lesson 2, web topic 2 228 Resistance training for youth: web icon for Building Muscle Fitness, lesson 2, web icon 3</p>
PE.912.C.2.12:	Compare and contrast aerobic versus anaerobic activities.	<p>145-146 What Are Moderate Physical Activities? 146-147 Where Do You Get Energy..... 161-162 Introduction 163/171 Physical Activity and Cardiorespiratory Endurance 183 Introduction 183-186 Vigorous Aerobic Activity 186-188 Vigorous Sports 189-191 Vigorous Recreation 189 Science In Action: Anaerobic PA 189 Anaerobic activity and interval training: Web icon for Vigorous Aerobics, Sport, and Recreation, lesson 1, web topic 3 167 Fit Fact: Aerobic Capacity 168 Science in Action: Aerobic Capacity 183 Vocabulary 233 Interval Training 272 Creatine 327 Table: Energy Expenditure 147 Energy Systems: Web icon for Moderate Physical Activity Facts, lesson 1, web topic 2</p>

<p>PE.912.C.2.13:</p>	<p>Document food intake, calories consumed and energy expended through physical activity and analyze the results.</p>	<p>145-146 What Are Moderate Activities? 146 Table: Moderate Activity for Teens 146-147 Where Do You Get Energy..... 325 Balancing Calories 326 Table: FIT Formula for Fat Control 326-327 Physical Activity and Calories 327 Table: Energy Expenditure 329 Calculating Your Daily Calorie Expenditure 329 Myths and Facts About Fat Loss 107 Balancing Energy 571-572 What is Energy Balance?, Energy Expenditure, and Energy Intake 574 Consequences of Energy Imbalance 555-558 Self-Assessment: Energy Balance 153-154 Selecting Healthy Foods 157 Tables: Grains and Proteins 159 Self-Monitoring 159 Skills for Healthy Living: Self Monitoring 144 Table: Recommended Daily Intake 156 Figure: Tips for Great Plate 158 Table: Examples of Empty Calories 106 Activitygram: web icon for How Much Physical Activity Is Enough?, lesson 1, web topic 3 150 Motion sensors, for physical activity and energy expenditure: web icon for Moderate Physical Activity Facts, lesson 1, web topic 3 155 Logging physical activity: web icon for Preparing a Moderate Physical Activity Plan, lesson 2, web topic 3 328 Physical activity and fat loss: Web icon for Energy balance, lesson 2, web topic 2 329 Estimating energy requirements: web icon for Energy Balance, lesson 2, web topic 3 336 Physical activity profiles: web icon for Physical Activity and Fitness Assessment, lesson 1, web topic 2 378 and 381 Nutrition guidelines and Food logs: web icons for A Healthy Diet, lesson 1, web topics 3 and 4 386 Serving sizes: web icon for Making Healthy Food Choices, lesson 2, web topic 2</p>
-----------------------	---	--

<p>PE.912.C.2.14:</p>	<p>Compare and contrast the skill-related components of fitness used in various physical activities.</p> <p>Remarks/Examples</p> <p>The skill-related components of fitness are speed, coordination, balance, power, agility and reaction time.</p>	<p>22 Skill-Related Fitness Challenges 27 The Parts of Fitness 28-29 Skill-Related Physical Fitness 30 Table: The Five Parts of Skill-Related PF 31 Fit Fact: Power 119-120 Skill-Related Fitness 121-122 Building a Skill Related Fitness Profile 123 Skill Related Benefits of Activity 127-131 Self-Assessment: Skill Related Fitness 139 Improving Performance Skills 201-202 Activity Participation 211-212 Strength and Power 31 Functional Fitness 77 Exercise Circuits 124 Practice 294 Yoga, Tai Chi, and Pilates 27 Components of health-related fitness and Power: web icon for Lifelong, Fitness, Health and wellness, lesson 2, web topic 3 111 Fitness test batteries: web icon for How Much Fitness Is Enough?, lesson 2, web topic 120 Training skill-related fitness: web icon for Skills and Skill-Related Physical Fitness, lesson 1, web topic 2 195 Fitness for sport and physical activity: Web icon for Preparing and Performing a Safe and Vigorous, lesson 2, web topic 2 389 Fundamental movement skills: web icon for Moving Your Body, lesson 1, topic 3 393 Skills that move objects: web icon for Moving Implements and Objects, lesson 2, topic 2</p>
-----------------------	---	---

PE.912.C.2.15:	Calculate individual target heart-rate zone and analyze how to adjust intensity level to stay within the desired range.	170 One-Mile Run 173 Table 173 Heart Rate and Intensity of PA 175 Determining Maximal Heart Rate 175-176 Percent of HRR Method—Target HR 176-177 Percent Max HR—Target HR 177 Exercise for Ellen 180 Target Heart Rate Workout 189 Science in Action: Anaerobic PA 193 Table 193 Beginner’s Jogging Workout 102-103 FIT Formula 104 Physical Activity Pyramid 105 Vigorous Aerobics 114 Skills for Learning to Self-Monitor 138 Consumer Corner: Technology in Action 150 Fitness Technology: Pedometers.... 165 Fitness Technology: Heart Rate Monitors 171 Physical Activity and CRE 172 Fit Fact 171-172 How Much Vigorous Activity is Enough? 171 Physical Activity and CRE 183 Vigorous Aerobic Activity 184-185 Circuit Training 185 Dance 185 Martial Arts Exercise 186 Swimming 63 Fitness apps web icon for Goal Setting, Lesson 1, web topic 3 165 Heart Rate Monitors web icon for Cardiorespiratory Endurance facts, Lesson 1, web topic 3 172 Ratings of Perceived Exertion (RPE) web icon for Building Cardiorespiratory Endurance, Lesson 2, web topic 2 175 Heart Rate Calculators web icon for Building Cardiorespiratory Endurance, Lesson 2, web topic 3 184 Vigorous aerobic activities web icon for Vigorous Aerobics, Sports, and Recreation, Lesson 1, web topic 2
----------------	---	--

<p>PE.912.C.2.16:</p>	<p>Explain the methods of monitoring levels of intensity during aerobic activity.</p> <p>Remarks/Examples</p> <p>Some examples are a talk test, rate of perceived exertion and checking one's heart rate/pulse.</p>	<p>170 One-Mile Run 9 Table 173 Heart Rate and Intensity of PA 175 Determining Maximal Heart Rate 175-176 Percent of HRR Method—Target HR 176-177 Percent Max HR—Target HR 177 Exercise for Ellen 180 Target Heart Rate Workout 189 Science in Action: Anaerobic PA 193 Table 193 Beginner's Jogging Workout 165 Heart Rate Monitors web icon for Cardiorespiratory Endurance facts, Lesson 1, web topic 3 172 Ratings of Perceived Exertion (RPE) web icon for Building Cardiorespiratory Endurance, Lesson 2, web topic 2 102-103 FIT Formula 104 Physical Activity Pyramid 105 Vigorous Aerobics 114 Skills for Learning to Self-Monitor 138 Consumer Corner: Technology in Action 150 Fitness Technology: Pedometers.... 165 Fitness Technology: Heart Rate Monitors 171 Physical Activity and CRE 172 Fit Fact 171-172 How Much Vigorous Activity is Enough? 171 Physical Activity and CRE 183 Vigorous Aerobic Activity 184-185 Circuit Training 185 Dance 185 Martial Arts Exercise 186 Swimming 153 Moderate Physical Activity web icon for Preparing a Moderate Physical Activity Plan, Lesson 1, web topic 2 175 Heart Rate Calculators web icon for Building Cardiorespiratory Endurance, Lesson 2, web topic 3 184 Vigorous aerobic activities web icon for Vigorous Aerobics, Sports, and Recreation, Lesson 1, web topic 2 197 Compendium of physical activities web icon for Preparing and Performing a Safe and Vigorous, Lesson 2, web topic 3</p>
-----------------------	---	---

<p>PE.912.C.2.17:</p>	<p>Assess physiological effects of exercise during and after physical activity.</p> <p>Remarks/Examples</p> <p>Some examples are breathing, resting heart rate and blood pressure.</p>	<p>101-103 Principles of Physical Activity 104-106 Physical Activity Pyramid 132-138 Physical Activity and Injury 162-166 Benefits of Physical Activity 168 Science in Action: Aerobic Capacity 189 Science in Action: Anaerobic Capacity 212 Science in Action: PRE and Youth 215-216 Muscle Fibers 216 Muscle Hypertrophy 217 Muscle Bound 256 Biomechanical Principles 257 Mechanics of Lifting 258 PRE and injury 270 Fit Fact: Rhabdomyolysis 282 Improved Function 326 Physical Activity and Calories 327 Table: Energy Expenditure 340 Science in Action: Exercise and Academics 162 Benefits of cardiorespiratory endurance web icon for Cardiorespiratory Endurance facts, Lesson 1, web topic 2 216 Fit Fact 232 Building Muscle Fitness with Isometrics 283 Improved Health and Wellness 313 Physical Activity 329 Fit Fact 147 Energy systems web icon for Moderate Physical Activity, Lesson 1, web topic 2 189 Anaerobic activity and interval training web icon for Vigorous Aerobics, Sports, and Recreation, Lesson 1, web topic 3 328 Physical Activity and Fat Loss web icon for Energy Balance, lesson 2, topic 2 340 Exercise and the brain web icon for Physical Activity and Fitness Assessment, lesson 1, topic 3</p>
-----------------------	--	--

<p>PE.912.C.2.18:</p>	<p>Differentiate between fact and fallacy as it relates to consumer physical fitness products and programs.</p> <p>Remarks/Examples</p> <p>Some examples are weight-loss pills, food labels and exercise equipment.</p>	<p>11 Scientific Method 15 Fitness Technology: World Wide Web 56-57 Building Knowledge and Understanding 63 Fitness Technology: Phones and Tablets 73 Consumer Corner: Evaluate Information 138 Consumer Corner: Technology 200 Consumer Corner: WEB 269-272 Ergogenic Aids 271 Consumer Corner: Health in a Bottle 315 Science in Action: Media Misrepresent.... 353-359 Health and Fitness Quackery (full lesson) 355 Consumer Corner: Reliable Consumer... 356 Science in Action: Sport/Energy Drinks 361-365 Evaluating Media etc. (full lesson) 366-367 Learning to Think Critically 367 Academic Connection: Critical Thinking 381 Consumer Corner: TV Tactics 12 Scientific method web icon for Scientific Foundations, Lesson 1, web topic 2 15 World Wide Web: Reliable Fitness, Health and Wellness Sites web icon for Scientific Foundations, Lesson 1, web topic 3 73 Guidelines to protect consumers web icon for Program Planning, Lesson 2, web topic 3 272 Health and fitness in a bottle web icon for Ergogenic Aids and Muscle Fitness Exercise Planning, lesson 2, topic 2 54 Table: Self-Management Skills 83 Science in Action: Safe Exercise 228 Fit Fact: Organizations 254 Fitness Technology: Machine Memory 282 Fit Fact: Physical Therapists 318 Fitness Technology: BIA 341 Fitness Technology: Swim Watch 200 Evaluating health information on the web, web icon for Preparing and Performing a Safe and Vigorous, Lesson 2, web topic 4 228 Youth Resistance Training Guidelines web icon for Building Muscle Fitness, Lesson 2, web topic 3 577 Consumer Corner: Selecting Diet Products and Services</p>
-----------------------	---	--

<p>PE.912.C.2.22:</p>	<p>Explain the skill-related components of fitness and how they enhance performance levels.</p> <p>Remarks/Examples</p> <p>The skill-related components of fitness are speed, coordination, balance, power, agility and reaction time.</p>	<p>22-24 Skill-Related Fitness Challenges 27-31 Skill-Related Physical Fitness 31 Fit Fact: Power 119-120 Skill-Related Fitness 120-121 Assessing Skill-Related Fitness 121-122 Building a Skill-Related Fitness Profile 123 Table: Sue's Skill-Related Fitness Profile 127-131 Assessing Skill-Related Fitness 202 Skills for Choosing Activity Participation 27 The Parts of Physical Fitness 77 Exercise Circuits 124 Practice 139 Taking Charge 140 Improving Performance Skills 211 Strength and Power 294 Yoga..... 120 Training skill-related fitness web icon for Skills and Skill-related Physical Fitness, Lesson 1, web topic 2</p>
-----------------------	--	--

PE.912.C.2.23:	Apply appropriate technology and analyze data to evaluate, monitor and/or improve performance.	15 Fitness Technology: World Wide Web 43 Fitness Technology: Fitnessgram 63 Fitness Technology: Phones and Tablets 73 Consumer Corner: Evaluate Information 81 Medical Readiness 87 Fitness Technology: High-Tech Clothing 106 Fitness Technology: Activitygram 111 Science in Action: Personal Fitness Assess 121 Fitness Technology: Motion Anal. Systems 138 Consumer Corner: Technology 150 Fitness Technology: Pedometers/Acceler. 165 Fitness Technology: Heart Rate Monitors 185 Fitness Technology: GPS 200 Consumer Corner: WEB 215 Fitness Technology: Isokinetic Machines 254 Fitness Technology: Machine Memory 287 Fitness Technology: Goniometers 314-317 Lab Measures of Body Composition 318 Fitness Technology: BIA 341 Fitness Technology: Swim Watch 355 Consumer Corner: Reliable Consumer... 355 Icon link to websites 359 Fitness Technology: Quack Machines 365-365 Evaluating Internet Resources 482 Fitness Technology: Smart Computers 390 Science in Action: Biomechanical Analy.. 396 Fitness Technology: Analysis Apps 416 Fitness Technology: Social Support 43 fitnessgram web icon for Adopting Healthy Lifestyles, Lesson 1, web topic 3 15 World Wide Web: Reliable Fitness, Health and Wellness Sites web icon for Scientific Foundations, Lesson 1, web topic 3
----------------	--	--

PE.912.C.2.23: (continued)		88 BMI calculator web icon for Safe and Smart physical activity, Lesson 1, web topic 4 109 Converting PACER laps to aerobic capacity web icon for How much physical activity is enough, Lesson 1, web topic 4 111 Personal Fitness Assessments (Fitness test batteries) web icon for How much Fitness is enough, Lesson 2, web topic 2 231 Fit Fact: EMG 367 Academic Connection: Critical Thinking 73 Fitness apps web icon for Goal Setting, Lesson 1, web topic 3 106 Activitygram web icon for How much physical activity is enough, Lesson 1, web topic 3 155 Logging physical activity web icon for Preparing a Moderate Physical Activity Plan, Lesson 1, web topic 3 165 Heart Rate Monitors web icon for Cardiorespiratory Endurance facts, Lesson 1, web topic 3 168 Graded Exercise tests web icon for Cardiorespiratory Endurance facts, Lesson 1, web topic 4 175 Heart Rate Calculators web icon for Building Cardiorespiratory Endurance, Lesson 2, web topic 3 215 Isokinetic Dynamometer web icon for Muscle Fitness Facts, Lesson 1, web topic 2
----------------------------	--	---

PE.912.C.2.25:	Analyze and evaluate the risks, safety procedures, rules and equipment associated with specific course activities.	82-87 Safe and Smart Physical Activity 83 Science Prepares Us for Safe Exercise 87 High Tech Exercise Clothing 96-97 Reducing Risk Factors 132-138 Physical Activity and Injury 194-195 Safety Tips for Vigorous Activity 212 Science in Action: PRE and Youth 215-216 Muscle Fibers 216 Muscle Hypertrophy 217 Muscle Bound 230 Practicing Spotting Technique 249-250 Preventing Relapse 254-255 Back Problems and Posture Problems 255-256 Back and Posture Improvement... 257 Mechanics of Lifting 258 PRE and injury 270 Fit Fact: Rhabdomyolysis 283 Fit Fact 306 Overcoming Barriers 94 Overuse Injuries 106 Flexibility Exercises 184 Aerobic Dance 190 Rock Climbing and Bouldering 190 Skateboarding 191 Skiing 192 Assessing Jogging Technique 195 Fit Fact: recreational Injuries 196 Photo: Kayaking 215 Isokinetic machines 218 1RM Safety Tip
----------------	--	--

PE.912.C.2.25: (continued)		<p>232 Building Power 253 Introduction paragraph 283 Rehabilitation from Injury 284 Range of Motion 16 Warm-up and cool-down: web icon for Scientific Foundations, lesson 1, web topic 4 34 Dynamic and Stretching Warm-Ups: What's the difference?: web icon for Lifelong, Fitness, Health and wellness, lesson 2, web topic 4 81 Medical readiness for exercise: web icon for Safe and Smart Physical Activity, lesson 1, web icon 2 86 Exercise and the environment, air quality: web icon for Safe and Smart Physical Activity, lesson 1, web icon 3 132 Common injuries: web icon for Physical Activity and Injury, lesson 2, web icon 2 138 Concussions: web icon for Physical Activity and Injury, lesson 2, web icon 3 228 Resistance training for youth: web icon for Building Muscle Fitness, lesson 2, web icon 3 253 Core muscle exercises: web icon for Core Fitness, Posture, and Back care, lesson 1, web topic 2 256 Back health: web icon for Core Fitness, Posture, and Back care, lesson 1, web topic 3 295 Safe flexibility: web icon for Preparing a Flexibility Exercise Plan, lesson 2, web topic 3 410 Bullying and Sportsmanship: web icon for Social Interactions in Physical Activity, lesson 1, web icon 4</p>
PE.912.C.2.27:	<p>Compare and contrast how movement skills from one physical activity can be transferred and used in other physical activities.</p> <p>Remarks/Examples</p> <p>Some examples are volleyball and tennis serve, surfing and skate boarding.</p>	<p>15-16 Motor Learning and Sport Pedagogy 122-124 Skill Learning 123 Table Skill-Related Fitness Benefits 124-125 Three Stages of Skill Learning 139 Skills for Improving Performance 387-389 Biomechanical Principles 389-391 Fundamental Skills: Stance and Locomotion 393-396 Skills that Move Objects 397 Striking With an Implement 397 Complex Skills 398 Aerodynamics and Hydrodynamics 399 Skill Transfer and Skill Change 402 Taking Action: Applying Principles 120 Training skill-related fitness: web icon for Skills and Skill-Related Physical Fitness, lesson 1, web topic 2 389 Fundamental movement skills: web icon for Moving Your Body, lesson 1, topic 3 398 Motor Learning 195 Fitness for sport and physical activity: Web icon for Preparing and Performing a Safe and Vigorous, lesson 2, web topic 2 393 Skills that move objects: web icon for Moving Implements and Objects, lesson 2, topic 2</p>

PE.912.C.2.6:	Compare and contrast the health-related benefits of various physical activities.	<p>40-41 Benefits of Healthy Lifestyles 53-55 Self-management skills 90-95 Entire lesson, Health/Wellness Benefits 101-107 Entire lesson, How Much Is Enough? 104 Physical Activity Pyramid 121-122 Building a Skill Related Fitness Profile 123 Skill Related Benefits of Activity 134 Guidelines list 135-137 Risky Exercises 141 Safe Exercise Circuit 147 Why Should I do Moderate Activities 147-150 How Much Moderate Activity is Enough? 153 Consider Program Options 162-166 All headings, Benefits of Activity/CRE 183-191 Vigorous Activities (entire lesson) 190 Science in Action: Anaerobic Activity 197 Consider Program Options 201 Activity Participation 226 Health Benefits of Muscle Fitness Exercise 231-233 Building Muscle Fitness other headings 235-248 Muscle Fitness Exercise Tables 254-258 All pages, Back and Posture Health 259-262 Core Exercises 263-265 Calisthenics 281-283 Benefits of Good Flex (all headings) 294 Yoga, Tai Chi, Pilates 277 Consider Your Program Options 300-305 Table: Flexibility Exercises 327 Energy Expenditure of Activities</p>
---------------	--	---

PE.912.C.2.6: (continued)		<p>328 Physical Activity and Fat Loss 335-336 Consider Your Program Options 304-305 Exercise Equipment 305 Evaluating Books and Articles 373-377 Opportunities in Physical Education 375 Top 10 Reasons for Quality PE 39 Science in Action: Heredity..... 256 Back health: web icon for Core Fitness, Posture, and Back care, lesson 1, web topic 3 295 Safe flexibility: web icon for Preparing a Flexibility Exercise Plan, lesson 2, web topic 3 328 Physical activity and fat loss: Web icon for Energy balance, lesson 2, web topic 2 27 Components of health-related fitness and Power: web icon for Lifelong, Fitness, Health and wellness, lesson 2, web topic 3 120 Training skill-related fitness: web icon for Skills and Skill-Related Physical Fitness, lesson 1, web topic 2 162 Benefits of good cardiorespiratory fitness: web icon for Cardiorespiratory Endurance Facts, lesson 1, topic 2 184 Vigorous aerobic activity: Web icon for Vigorous Aerobics, Sport, and Recreation, lesson 1, web topic 2 189 Anaerobic activity and interval training: Web icon for Vigorous Aerobics, Sport, and Recreation, lesson 1, web topic 3 253 Core muscle exercises: web icon for Core Fitness, Posture, and Back care, lesson 1, web topic 2</p>
---------------------------	--	---

<p>PE.912.C.2.7:</p>	<p>Evaluate the effectiveness of specific warm-up and cool-down activities</p>	<p>39 Healthy Lifestyle choices 41-43 Stairway 51-52 Stages of Change 288 Science in Action: Dynamic Movement... 295-296 Guidelines for Flexibility Exercise 11 Lesson Vocabulary 19 Self-Assessment 50 Tests of Flexibility 72 Table 77 Exercise Circuits 87 Other Guidelines 180 Target Heart Rate Workout 194 Safety Tips 203 Your Vigorous Activity Plan 218 Muscle Fitness Testing 278 Your Muscle Fitness Exercise Plan 281 Introduction 290 Self-Assessment 296 Photo and Caption 297 Consider Your Program Options 298 Table 299 Top of left column 307 Your Flexibility Exercise Plan 337 Set Goals 339 Figure: Alecia's Plan 364 Top of left column 16 Warm-up and cool-down: web icon for Scientific Foundations, lesson 1, web topic 4 34 Dynamic and Stretching Warm-Ups: What's the difference?: web icon for Lifelong, Fitness, Health and wellness, lesson 2, web topic 4 295 Safe flexibility: web icon for Preparing a Flexibility Exercise Plan, lesson 2, web topic 3</p>
<p>PE.912.C.2.8:</p>	<p>Differentiate between the three different types of heat illnesses associated with fluid loss. Remarks/Examples The three types of heat illnesses are heat cramps, heat exhaustion and heat stroke.</p>	<p>82-84 Hot, Humid Weather 82 Table: Heat Related Conditions 84 Figure: Heat Index 270 Fit Fact: Rhabdomyolysis 356 Science in Action: Sports and Energy Drinks 195 Col 1, paragraph 1 86 Exercise and the environment: web icons for Safe and Smart Physical Activity, lesson 1, topic 3</p>

<p>PE.912.C.2.9:</p>	<p>Explain the precautions to be taken when exercising in extreme weather and/or environmental conditions.</p> <p>Remarks/Examples</p> <p>Some examples of precautions are hydration and appropriate attire.</p>	<p>74/82 Hot, Humid Weather 82-84 All heat headings 84-85 All cold headings 85-86 Pollution headings 86 General readiness 87 Fitness Technology 270 Fit Fact: Rhabdomyolysis 356 Science in Action: Sports and Energy Drinks 38 Environment ... 113 Environment 148 Science in Action 195 Col 1, paragraph 1 358 Restricting Fluids 359 Figure Wrapping 149 Fit Fact 154 Fit Fact 272 Other supplements 275 Fit Fact 359 Fitness Technology 361 Evaluation Health Clubs 363 Evaluating Books and Articles 363-364 Evaluating Exercise Videos 381 TV Tactics—Creating Need 410 Bullying 86 Exercise and the environment: web icons for Safe and Smart Physical Activity, lesson 1, topic 3</p>
----------------------	--	---

<p>PE.912.L.3.1:</p>	<p>Participate in a variety of physical activities to meet the recommended number of minutes of moderate to vigorous physical activity beyond physical education on five or more days of the week.</p>	<p>Taking Action Features for Every chapter in part 1 69-72 Five Steps of Planning 104-106 Physical Activity Pyramid 158 Academic Connections: Percentages 145-150 Moderate Activity Facts (all) 149 Counting Steps and Movement 152-155 Preparing a Moderate Activity Plan 161-168 Cardiorespiratory Endurance Facts 173 Table: FIT Formula 183-190 Vigorous Aerobics, Sports,.... 194-199 Preparing a Vigorous Activity Plan 212 Science in Action: PRE and Youth 227 Table: Target Zones Muscle Fitness 273-276 Preparing a Muscle Fitness Plan 294 Basic Flexibility Exercises 296-299 Planning a Flexibility Exercise Program 335-340 Your Comprehensive Plan (all pages) 42 Practicing Self-Directed Activity 54 Table 74 Using Self-Planning Skills 381 Preparing a Plan 104 USDHHS Activity Guidelines 105 National Guidelines 148 Science in Action: Sedentary Living 152 Introduction 228 Fit Fact 58 Fitness Trails web icon for Learning Self-Management Skills, Lesson 2, web topic 3 153 Moderate Physical Activity web icon for Preparing a Moderate Physical Activity Plan, Lesson 1, web topic 2 231 Partner-Resisted and Homemade weights web icon for Building Muscle Fitness, Lesson 2, web topic 4 253 Core muscle exercises web icon for Core Fitness, Posture, and Back Care, lesson 1, topic 2 328 Physical Activity and Fat Loss web icon for Energy Balance, lesson 2, topic 2</p>
----------------------	--	--

<p>PE.912.L.3.2:</p>	<p>Participate in a variety of activities that promote the health-related components of fitness.</p> <p>Remarks/Examples</p> <p>The health-related components of fitness are cardiorespiratory endurance, muscular strength, muscular endurance, flexibility and body composition.</p>	<p>Taking Action Features for every chapter in part 1</p> <p>69-72 Five Steps of Planning</p> <p>152-155 Preparing a Moderate Activity Plan</p> <p>176-200 Preparing a Vigorous Activity Plan</p> <p>273-276 Preparing a Muscle Fitness Plan</p> <p>296-299 Planning a Flexibility Exercise Program</p> <p>335-340 Your Comprehensive Plan (all pages)</p> <p>42 Practicing Self-Directed Activity</p> <p>54 Table</p> <p>74 Using Self-Planning Skills</p> <p>381 Preparing a Plan</p> <p>27 Components of Health-Related Fitness and Power web icon for Lifelong, Fitness, Health and wellness, Lesson 2, web topic 3</p> <p>58 Fitness Trails web icon for Learning Self-Management Skills, Lesson 2, web topic 3</p> <p>155 Logging physical activity web icon for Preparing a Moderate Physical Activity Plan, Lesson 1, web topic 3</p> <p>184 Vigorous aerobic activities web icon for Vigorous Aerobics, Sports, and Recreation, Lesson 1, web topic 2</p> <p>189 Anaerobic activity and interval training web icon for Vigorous Aerobics, Sports, and Recreation, Lesson 1, web topic 3</p> <p>231 Partner-Resisted and Homemade weights web icon for Building Muscle Fitness, Lesson 2, web topic 4</p> <p>253 Core muscle exercises web icon for Core Fitness, Posture, and Back Care, lesson 1, topic 2</p> <p>328 Physical Activity and Fat Loss web icon for Energy Balance, lesson 2, topic 2</p>
----------------------	--	--

PE.912.L.3.3:	Identify a variety of activities that promote effective stress management.	<p>40 Feeling Good and Learning Better 41 Program Overview 51 Stages of Change for a Healthy Lifestyle 54 Table: Self-Management Skills 55 Skills That Help You Maintain Changes 75 Skills for Setting Goals 345 Table: Self Management Skills 395 Table: Five Types of Coping Skills 380 Table: Examples of Strategies... 40 Feeling Good and Learning Better 41 Program Overview 51 Stages of Change for a Healthy Lifestyle 54 Table: Self-Management Skills 55 Skills That Help You Maintain Changes 75 Skills for Setting Goals 345 Table: Self Management Skills 395 Table: Five Types of Coping Skills 380 Table: Examples of Strategies... 58 Fitness Trails web icon for Learning Self-Management Skills, Lesson 2, web topic 3 153 Moderate Physical Activity web icon for Preparing a Moderate Physical Activity Plan, Lesson 1, web topic 2 294 Yoga, Tai Chi (mind/body) rehabilitation web icon for Preparing a Flexibility Plan, lesson 2, topic 2 596-599 Stress Management Lesson 27.2</p>
---------------	--	--

PE.912.L.3.4:	Identify the in-school opportunities for participation in a variety of physical activities.	<p> Taking Action Features for every chapter in part1 69-72 Five Steps of Planning 104-106 Physical Activity Pyramid 158 Academic Connections: Percentages 145-146 Moderate Activity Facts (all) 149 Counting Steps and Movement 152-155 Preparing a Moderate Activity Plan 161-168 Cardiorespiratory Endurance Facts 173 Table: FIT Formula 183-190 Vigorous Aerobics, Sports,.... 194-199 Preparing a Vigorous Activity Plan 212 Science in Action: PRE and Youth 227 Table: Target Zones Muscle Fitness 273-276 Preparing a Muscle Fitness Plan 294 Basic Flexibility Exercises 296-299 Planning a Flexibility Exercise Program 335-340 Your Comprehensive Plan (all pages) 373-377 Opportunities in Physical Education 42 Practicing Self-Directed Activity 54 Table 74 Using Self-Planning Skills 381 Preparing a Plan 104 USDHHS Activity Guidelines 105 National Guidelines 148 Science in Action: Sedentary Living 152 Introduction 228 Fit Fact </p>
PE.912.L.3.4: (continued)		<p> 256 Back health: web icon for Core Fitness, Posture, and Back care, lesson 1, web topic 3 58 Fitness trails: web icons for Learning Self-Management Skills, lesson 2, topic 3 153 Moderate physical activities: web icons for Preparing a Moderate Physical Activity Plan, lesson 2, topic 2 184 Vigorous aerobic activities: web icons for Vigorous Aerobics, Sport, and Recreation, lesson 1, topic 2 189 Anaerobic activity and interval training: Web icon for Vigorous Aerobics, Sport, and Recreation, lesson 1, web topic 3 231 Partner-resisted exercises and homemade weights: web icons for Building Muscle Fitness, lesson 2, topic 4 253 Core muscle exercises: web icon for Core Fitness, Posture, and Back care, lesson 1, web topic 2 294 yoga, tai chi, neuromotor for rehab and diseased pops: web icon for Preparing a Flexibility Exercise Plan, lesson 2, web icon 2 295 Safe flexibility: web icon for Preparing a Flexibility Exercise Plan, lesson 2, web topic 3 </p>

PE.912.L.3.5:	Identify the community opportunities for participation in a variety of physical activities.	<p>69-72 Five Steps of Planning</p> <p>152-155 Preparing a Moderate Activity Plan</p> <p>196-200 Preparing a Vigorous Activity Plan</p> <p>273-275 Preparing a Muscle Fitness Plan</p> <p>296-299 Planning a Flexibility Exercise Program</p> <p>335-341 Your Comprehensive Plan (all pages)</p> <p>104-106 Physical Activity Pyramid</p> <p>123 Table: Skill-Related Benefits</p> <p>146 Table: Moderate Activities for Teens</p> <p>183-188 Vigorous Aerobics, Sport, and Recreation</p> <p>193 Beginner's Jogging Workout</p> <p>195-196 Finding the Best Activity for You</p> <p>198 Table: Health Related Benefits of Activities</p> <p>201-202 Choosing Good Activities</p> <p>235-248 Muscle Fitness Exercise Tables</p> <p>259-262 Core Exercises</p> <p>263-265 Calisthenics</p> <p>300-305 Table: Flexibility Exercises</p> <p>412-415 Active Living Opportunities</p> <p>58 Fitness trails: web icons for Learning Self-Management Skills, lesson 2, topic 3</p> <p>41-43 Making Healthy Lifestyle Choices</p> <p>57 Academic Connection: Accurate Words</p> <p>153 Moderate physical activities: web icons for Preparing a Moderate Physical Activity Plan, lesson 2, topic 2</p> <p>184 Vigorous aerobic activities: web icons for Vigorous Aerobics, Sport, and Recreation, lesson 1, topic 2</p> <p>294 yoga, tai chi, neuromotor for rehab and diseased pops: web icon for Preparing a Flexibility Exercise Plan, lesson 2, web icon 2</p> <p>120 Training skill-related fitness: web icon for Skills and Skill-Related Physical Fitness, lesson 1, web topic 2</p> <p>358 Exercise equipment: web icon for Evaluating Health Clubs, Equipment, Media, and Internet Materials, lesson 2, web topic 2</p> <p>413 Finding opportunities for PA, around the world: web icon for Active Living Opportunities, lesson 2, web icon 3</p>
---------------	---	--

PE.912.L.3.6:	Identify risks and safety factors that may affect physical activity throughout life.	82-87 Safe and Smart Physical Activity 83 Science Prepares Us for Safe Exercise 87 High Tech Exercise Clothing 96-97 Reducing Risk Factors 132-138 Physical Activity and Injury 2121 Science in Action: PRE and Youth 215-216 Muscle Fibers 216 Muscle Hypertrophy 217 Muscle Bound 249-250 Preventing Relapse 254-255 Back Problems and Posture Problems 255-256 Back and Posture Improvement... 257 Mechanics of Lifting 258 PRE and injury 270 Fit Fact: Rhabdomyolysis 283 Fit Fact 306 Overcoming Barriers 94 Overuse Injuries 106 Flexibility Exercises 184 Aerobic Dance 192 Assessing Jogging Technique 215 Isokinetic machines 232 Building Power 232 Introduction paragraph 283 Rehabilitation from Injury 284 Range of Motion 120 Common Injuries web icon for Physical Activity and Injury, Lesson 2, web topic 2 138 Concussions web icon for Physical Activity and Injury, Lesson 2, web topic 3 283 Physical and occupational therapists icon for Flexibility Facts, lesson 1, topic 2 312 Metabolic Syndrome web icon for Body Composition Facts, lesson 1, topic 2 312 Eating Disorders web icon for Body Composition Facts, lesson 1, topic 3
---------------	--	---

<p>PE.912.L.4.1:</p>	<p>Design a personal fitness program.</p> <p>Remarks/Examples</p> <p>Some examples of things to consider when designing a personal fitness program are timelines and current fitness level.</p>	<p>All Self-Assessments in Part 1 69-72 Five Steps of Planning 152-155 Preparing a Moderate Activity Plan 176-200 Preparing a Vigorous Activity Plan 273-276 Preparing a Muscle Fitness Plan 296-299 Planning a Flexibility Exercise Program 335-340 Your Comprehensive Plan (all pages) 61 Goal setting web icon for Goal Setting, Lesson 1, web topic 2 69 Program planning web icon for Program Planning, Lesson 2, web topic 2 42 Practicing Self-Directed Activity 54 Table 74 Using Self-Planning Skills 381 Preparing a Plan 15 Warm-up and cool-down web icon for Scientific Foundations, Lesson 1, web topic 4 34 Dynamic and Stretching Warm-Ups: What's the difference? web icon for Lifelong, Fitness, Health and wellness, Lesson 2, web topic 4 111 Personal Fitness Assessments (Fitness test batteries) web icon for How much Fitness is enough, Lesson 2, web topic 2 216 Absolute and relative strength web icon for Muscle Fitness Facts, Lesson 1, web topic 3 228 Youth Resistance Training Guidelines web icon for Building Muscle Fitness, Lesson 2, web topic 3 276 Periodization web icon for Ergogenic Aids and Muscle Fitness Exercise Planning, lesson 2, topic 3</p>
----------------------	---	---

PE.912.L.4.2:	Identify ways to self-assess and modify a personal fitness program.	<p>All Self-Assessments in Part 1</p> <p>44 Step 6: Achieving Lifelong Fitness....</p> <p>44 Fitness Technology: Fitnessgram</p> <p>51 Stages of Change</p> <p>69-72 Five Steps of Planning (step 5)</p> <p>152-155 Preparing a Moderate Act. Plan (step 5)</p> <p>176-200 Preparing a Vigorous Act. Plan (step 5)</p> <p>273-276 Preparing a Muscle Fitness Plan (step 5)</p> <p>296-299 Planning a Flexibility Program (step 5)</p> <p>335-340 Your Comprehensive Plan (step 5)</p> <p>411 Modifying Rules in Games</p> <p>61 Goal setting web icon for Goal Setting, Lesson 1, web topic 2</p> <p>63 Fitness apps web icon for Goal Setting, Lesson 1, web topic 3</p> <p>69 Program planning web icon for Program Planning, Lesson 2, web topic 2</p> <p>155 Logging physical activity web icon for Preparing a Moderate Physical Activity Plan, Lesson 1, web topic 3</p> <p>111 Personal Fitness Assessments (Fitness test batteries) web icon for How much Fitness is enough, Lesson 2, web topic 2</p> <p>42 Practicing Self-Directed Activity</p> <p>54 Table</p> <p>74 Using Self-Planning Skills</p> <p>338 Both columns below table</p> <p>364 Evaluating Video</p> <p>381 Preparing a Plan</p> <p>408 Making and Enforcing Rules</p> <p>51 Stages of Change web icon for Learning Self-Management Skills, Lesson 2, web topic 2</p> <p>106 Activitygram web icon for How much physical activity is enough, Lesson 1, web topic 3</p> <p>109 Converting PACER laps to aerobic capacity web icon for How much physical activity is enough, Lesson 1, web topic 4</p> <p>150 Motion Sensors web icon for Moderate Physical Activity, Lesson 1, web topic 3</p> <p>165 Heart Rate Monitors web icon for Cardiorespiratory Endurance facts, Lesson 1, web topic 3</p> <p>168 Graded Exercise tests web icon for Cardiorespiratory Endurance facts, Lesson 1, web topic 4</p> <p>175 Heart Rate Calculators web icon for Building Cardiorespiratory Endurance, Lesson 2, web topic 3</p> <p>208 Absolute and relative strength web icon for Muscle Fitness Facts, Lesson 1, web topic 3</p> <p>329 Estimating energy requirements web icon for Energy Balance, lesson 2, topic 3</p>
---------------	---	---

PE.912.L.4.3:	Identify strategies for setting goals when developing a personal fitness program.	<p>9 Healthy People 2020 Goals 26-27 Personal Health..... 61 Goals Setting 62 Optimal Challenge 70-71 Step 3: Set Goals 75 Taking Charge: Setting Goals 75-76 Skills for Setting Goals 143 Healthy People 2020 Goals 153-154 Step 3: Set Goals 199 Step 3: Set Goals 205 Healthy People 2202 Goals 275-273 Step 3: Set Goals 296-299 Step 3: Set Goals 309 Healthy People 2020 Goals 337-338 Step 3: Set Goals 371 Healthy People 2020 Goals 61 Goal setting web icon for Goal Setting, Lesson 1, web topic 2 53-54 Skills that Help You Make Change 54 Table: Self-Management Skills 61 Fit Fact 62 Fit Fact 64 Quote 76 Academic Connection: Mnemonics.... 114-118 Learning to Self-Monitor 178-179 Skills for Building Self-Confidence 218 Muscle Fitness Testing 249 Skills for preventing Relapse 306 Skills for Overcoming Barriers 335 Fit Fact 379 Quote</p>
---------------	---	---

PE.912.L.4.3: (continued)		<p>401 Be Realistic</p> <p>405-406 Teams and Teamwork</p> <p>406 Table</p> <p>407 Science in Action: Group Cohesiveness</p> <p>69 Program planning web icon for Program Planning, Lesson 2, web topic 2</p> <p>106 Activitygram web icon for How much physical activity is enough, Lesson 1, web topic 3</p> <p>111 Personal Fitness Assessments (Fitness test batteries) web icon for How much Fitness is enough, Lesson 2, web topic 2</p> <p>150 Motion Sensors web icon for Moderate Physical Activity, Lesson 1, web topic 3</p> <p>155 Logging physical activity web icon for Preparing a Moderate Physical Activity Plan, Lesson 1, web topic 3</p> <p>195 Fitness for sport and physical activity web icon for Preparing and Performing a Safe and Vigorous, Lesson 2, web topic 2</p> <p>276 Periodization web icon for Ergogenic Aids and Muscle Fitness Exercise Planning, lesson 2, topic 3</p>
---------------------------	--	---

PE.912.L.4.4:	Use available technology to assess, design and evaluate a personal fitness program.	<p>351 Prepare Fitnessgram Report 369 Evaluate Club or Media Information 385 Investigate, Prepare Blog or Podcast 15 Fitness Technology: World Wide Web 43 Fitness Technology: Fitnessgram 63 Fitness Technology: Phones and Tablets 73 Consumer Corner: Evaluate Information 81 Medical Readiness 106 Fitness Technology: Activitygram 111 Science in Action: Personal Fitness Assess 121 Fitness Technology: Motion Anal. Systems 138 Consumer Corner: Technology 150 Fitness Technology: Pedometers/Acceler. 165 Fitness Technology: Heart Rate Monitors 185 Fitness Technology: GPS 200 Consumer Corner: WEB 215 Fitness Technology: Isokinetic Machines 254 Fitness Technology: Machine Memory 287 Fitness Technology: Goniometers 314-317 Lab Measures of Body Composition 318 Fitness Technology: BIA 341 Fitness Technology: Swim Watch 355 Consumer Corner: Reliable Consumer... 355 Icon link to websites 359 Fitness Technology: Quack Machines 364-365 Evaluating Internet Resources 390 Science in Action: Biomechanical Analy.. 296 Fitness Technology: Analysis Apps 416 Fitness Technology: Social Support 15 World Wide Web: Reliable Fitness, Health and Wellness Sites web icon for Scientific Foundations, Lesson 1, web topic 3 63 Fitness apps web icon for Goal Setting, Lesson 1, web topic 3</p>
---------------	---	---

PE.912.L.4.4: (continued)		<p>111 Personal Fitness Assessments (Fitness test batteries) web icon for How much Fitness is enough, Lesson 2, web topic 2</p> <p>231 Fit Fact: EMG</p> <p>367 Academic Connection: Critical Thinking88 BMI calculator web icon for Safe and Smart physical activity, Lesson 1, web topic 4</p> <p>106 Activitygram web icon for How much physical activity is enough, Lesson 1, web topic 3</p> <p>150 Motion Sensors web icon for Moderate Physical Activity, Lesson 1, web topic 3</p> <p>165 Heart Rate Monitors web icon for Cardiorespiratory Endurance facts, Lesson 1, web topic 3</p> <p>168 Graded Exercise tests web icon for Cardiorespiratory Endurance facts, Lesson 1, web topic 4</p> <p>175 Heart Rate Calculators web icon for Building Cardiorespiratory Endurance, Lesson 2, web topic 3</p> <p>197 Compendium of physical activities web icon for Preparing and Performing a Safe and Vigorous, Lesson 2, web topic 3</p> <p>215 Isokinetic Dynamometer web icon for Muscle Fitness Facts, Lesson 1, web topic 2</p> <p>329 Estimating energy requirements web icon for Energy Balance, lesson 2, topic 3</p>
---------------------------	--	---

<p>PE.912.L.4.5:</p>	<p>Apply the principles of training to personal fitness goals.</p> <p>Remarks/Examples</p> <p>Some examples of training principles are overload, specificity and progression.</p>	<p>134 Risky Exercises 147-148 How Much Moderate Activity..... 171-172 How Much Vigorous Activity 192-193 Assessing Jogging Technique 209-211 Muscle Fitness Facts 212-213 Fitness Principles and Muscle Fitness 213-216 Muscle and Muscle Biomechanics 215 Fitness Technology: Isokinetic Machines 216-217 Muscle Fitness Assessment 217 Absolute Versus Relative Strength 218-225 Muscle Fitness Testing 231-233 Building Muscle Fitness (full lesson) 253-258 Core Fitness, Posture, Back Care (all) 250 Taking Action: Resistance Machine Ex... 257 Science in Action: Lifting Mechanics 281-283 Benefits of Good Flex (all headings) 294 Yoga, Tai Chi, Pilates 269-272 Ergogenic Aids 273-276 Preparing a Muscle Fitness Plan 296-299 Planning a Flexibility Exercise Program 335-340 Your Comprehensive Plan (all pages) 44-50 Self-Assessment Muscle Fitness 88-89 Self-Assessment: Pacer and Trunk Lift 172-173 Self-Assessment: Muscle Fitness Testing 218-225 Self-Assessment: Healthy Back Test 318-324 Self-Assessment: Your Fitness Test 342-343 Self-Assessment: Assessing Your Posture 278 Your Muscle Fitness Plan 101 Principle of Overload web icon for How much physical activity is enough, Lesson 1, web topic 2 120 Training skill-related fitness web icon for Skills and Skill-related Physical Fitness, Lesson 1, web topic 2</p>
----------------------	---	--

PE.912.L.4.5: (continued)		<p>147 Energy systems web icon for Moderate Physical Activity, Lesson 1, web topic 2 153 Moderate Physical Activity web icon for Preparing a Moderate Physical Activity Plan, Lesson 1, web topic 2 162 Benefits of cardiorespiratory endurance web icon for Cardiorespiratory Endurance facts, Lesson 1, web topic 2 172 Ratings of Perceived Exertion (RPE) web icon for Building Cardiorespiratory Endurance, Lesson 2, web topic 2 189 Anaerobic activity and interval training web icon for Vigorous Aerobics, Sports, and Recreation, Lesson 1, web topic 3 226 Principles of progression and overload web icon for Building Muscle Fitness, Lesson 2, web topic 2 276 Periodization web icon for Ergogenic Aids and Muscle Fitness Exercise Planning, lesson 2, topic 3 328 Physical Activity and Fat Loss web icon for Energy Balance, lesson 2, topic 2</p>
PE.912.L.4.6	Identify health-related problems associated with low levels of cardiorespiratory endurance, muscular strength and endurance, flexibility and body composition.	<p>43 Fitness Technology: Fitnessgram 81-82 Medical Readiness 82-85 Readiness for Extreme Environmental .. 90-95 Health and Wellness Benefits 96-97 Reducing Risk Factors 97 Statistics and Blood Pressure 102-103 FIT Formula: How Much Activity.... 110-112 How Much Fitness is Enough? (all) 114-115 Self-Monitoring 132-134 Injury Risk 135-137 Evaluating Risky Exercises 168 How Much CRE Is Enough? 168 Science in Action: Aerobic Capacity 216-217 Muscle Fitness Assessment 254 Back Problems 255 Posture Problems 257 Mechanics of Lifting 318-319 What is My Ideal Weight? 11 Scientific Method 69 Determining Personal Needs 72 Keep a Log and Evaluate 96 Skills for Reducing Risk Factors 148 Table: FIT formula for Moderate.... 152 Determining Personal Needs 155 Keep a Log and Evaluate..... 196 Determining Personal Needs 249 Preventing Relapse</p>

PE.912.L.4.6 (continued)

251 Project
256 Healthy Back Test
273 Determining Personal Needs
277 Skills for Social Support
286 Table: FIT Formula for Flexibility
287 Fitness Technology: Goniometers
296 Determining Personal Needs
326 FIT Formula for Fat Control
335 Determining Personal Needs
341 Fitness Technology: Swim Watches
345 Table: Self Management Skills
366-367 Skills for Critical Thinking
381 Collect New Information
176-199 Preparing a Vigorous Activity Plan
203 Taking Charge: Your Vigorous Plan
335-340 Your Comprehensive Plan (all pages)
350 Taking Action: Your PA Plan
39 Preventing illness with healthy lifestyles: web icon for Adopting Healthy Lifestyles, lesson 1, web icon 2
90 Cardiovascular Disease: web icon for Health and Wellness benefits, lesson 2, web icon 2
162 Benefits of Good Cardiorespiratory Fitness: web icon for Cardiorespiratory Endurance Facts, lesson 1, web icon 2
184 Vigorous Aerobic Activities: web icon for Vigorous Aerobics, Sport, and Recreation, lesson 1, web icon 2
253 Core Muscle Exercises: web icon for Core Fitness, Posture, and Back Care, lesson 1, web icon 2
256 Back Health: web icon for Core Fitness, Posture, and Back Care, lesson 1, web icon 3
295 Safe Flexibility: web icon for Preparing a Flexibility Exercise Plan, lesson 2, web icon 3
313 Metabolic Syndrome: web icon for Body Composition Facts, lesson 1, web icon 2

	<p>Evaluate how to make changes in an individual wellness plan as lifestyle changes occur.</p>	<p>26 Figure: Health and Wellness Chain 37-39 Determinants of Fitness, Health, Wellness 39 Science in Action: Heredity 41-43 Stairway 42 Figure: Stairway 51-52 Stages of Change 53-54 Self-Management Skills 56-57 Skills for Building Knowledge.... 69-72 Five Steps of Planning (step 5) 152-155 Preparing a Moderate Act. Plan (step 5) 176-199 Preparing a Vigorous Act. Plan (step 5) 200 Consumer Corner: Using the Web 273-276 Preparing a Muscle Fitness Plan (step 5) 296-299 Planning a Flexibility Program (step 5) 313 Body Fatness, Health and Wellness 315 Science in Action: Media..... 335-340 Your Comprehensive Plan (step 5) 470-475 Active Living Opportunities (all) 11-12 Scientific Method 13 Fit Fact 25 Introduction 26 Personal and Community Health 32 Self-Assessment 35 Thinking Critically 35 Project 51 Stages of Change: web icon for Learning Self-Management Skills, lesson 2, web icon 2 61 Goal Setting: web icon for Goal Setting, lesson 1, web icon 2 69 Program Planning Steps: web icon for Program Planning, lesson 2, web icon 2 106 Activitygram: web icon for How Much Physical Activity Is Enough?, lesson 1, web icon 3 155 Logging Physical Activity: web icon for Preparing a Moderate Physical Activity Plan, lesson 2, web icon 3</p>
--	--	--

PE.912.L.4.7: (continued)		<p>276 Periodization: web icon for Ergogenic Aids and Muscle Fitness Exercise Planning, lesson 2, web icon 3 328 Physical Activity and Fat Loss: web icon for Energy Balance, lesson 2, web icon 2 336 Physical Activity Profiles: web icon for Physical Activity and Fitness Assessment, lesson 1, web icon 2 365 Who can you trust? Fitness information on the web: web icon for Evaluating Health Clubs, Equipment, Media, and Internet Materials lesson 2, web icon 3 413 Finding opportunities for PA, around the world: web icon for Active Living Opportunities, lesson 2, web icon 3 416 Social support via technology: web icon for Active Living Opportunities, lesson 2, web icon 4 462-463 Skills for Healthy Living: Goal Setting 477 Implement Your Plan and Evaluate Your Progress 478 Skills for Healthy Living: Self-planning</p>
PE.912.M.1.12:	<p>Select and perform complex movements using a variety of equipment which lead to improved or maintained muscular strength and endurance.</p> <p>Remarks/Examples</p> <p>An example is performing plyometrics.</p>	<p>209-211 Muscle Fitness Facts 212-213 Fitness Principles and Muscle Fitness 213-216 Muscle and Muscle Biomechanics 214 Plyometrics 215 Fitness Technology: Isokinetic Machines 216-217 Muscle Fitness Assessment 217 Absolute Versus Relative Strength 218-225 Muscle Fitness Testing 231-233 Building Muscle Fitness (full lesson) 235-248 Muscle Fitness Exercise Tables 259-262 Core Exercises 263-265 Calisthenics 253-258 Core Fitness, Posture, Back Care (all) 250 Taking Action: Resistance Machine Ex... 257 Science in Action: Lifting Mechanics 281-283 Benefits of Good Flex (all headings) 294 Yoga, Tai Chi, Pilates 269-272 Ergogenic Aids 273-276 Preparing a Muscle Fitness Plan 296-299 Planning a Flexibility Exercise Program 335-340 Your Comprehensive Plan (all pages) 44-50 Self-Assessment Muscle Fitness 88-89 Self-Assessment: Pacer and Trunk Lift 172-173 Self-Assessment: Muscle Fitness Testing 218-225 Self-Assessment: Healthy Back Test 3320-324 Self-Assessment: Your Fitness Test 342-343 Self-Assessment: Assessing Your Posture 278 Your Muscle Fitness Plan</p>

PE.912.M.1.12:(continued)		<p>120 Training skill-related fitness: web icon for Skills and Skill-Related Physical Fitness, lesson 1, web icon 2 189 Anaerobic activity and interval training: web icon for Vigorous Aerobics, Sport, and Recreation, lesson 1, web icon 3 228 Resistance training for youth: web icon for Building Muscle Fitness, lesson 2, web icon 3 231 Partner resisted exercises and homemade weights: web icon for Building Muscle Fitness, lesson 2, web icon 4 253 Core Muscle Exercises: web icon for Core Fitness, Posture, and Back Care, lesson 1, web icon 2 256 Back Health: web icon for Core Fitness, Posture, and Back Care, lesson 1, web icon 3 276 Periodization: web icon for Ergogenic Aids and Muscle Fitness Exercise Planning, lesson 2, web icon 3 294 yoga, tai chi: web icon for Preparing a Flexibility Exercise Plan, lesson 2, web icon 2</p>
PE.912.M.1.14:	<p>Utilize technology to assess, enhance and maintain health and skill-related fitness levels.</p> <p>Remarks/Examples</p> <p>Some examples of technology are Excel spreadsheets or web based programs to chart or log activities, heart rate monitors, videotapes or digital cameras.</p>	<p>15 Fitness Technology: World Wide Web 43 Fitness Technology: Fitnessgram 63 Fitness Technology: Phones and Tablets 73 Consumer Corner: Evaluate Information 106 Fitness Technology: Activitygram 111 Science in Action: Personal Fitness Assess 121 Fitness Technology: Motion Anal. Systems 138 Consumer Corner: Technology 150 Fitness Technology: Pedometers/Acceler. 165 Fitness Technology: Heart Rate Monitors 185 Fitness Technology: GPS 200 Consumer Corner: WEB 215 Fitness Technology: Isokinetic Machines 254 Fitness Technology: Machine Memory 314-317 Lab Measures of Body Composition 318 Fitness Technology: BIA 341 Fitness Technology: Swim Watch 355 Consumer Corner: Reliable Consumer... 355 Icon link to websites 359 Fitness Technology: Quack Machines 364-365 Evaluating Internet Resources 382 Fitness Technology: Smart Computers 390 Science in Action: Biomechanical Analysis 396 Fitness Technology: Analysis Apps 416 Fitness Technology: Social Support 231 Fit Fact: EMG 309 Academic Connection: Critical Thinking 15 Fitness Technology on the web: web icon for Scientific Foundations, lesson 1, web icon 3 43 Fitnessgram: web icon for Adopting Healthy Lifestyles, lesson 1, web icon 3</p>

PE.912.M.1.14: (continued)		<p>63 Apps and Smartphones: web icon for Goal Setting, lesson 1, web icon 3</p> <p>88 BMI calculator on the web: web icon for Safe and Smart Physical Activity, lesson 1, web icon 4</p> <p>106 Activitygram: web icon for How Much Physical Activity Is Enough?, lesson 1, web icon 3</p> <p>150 Motion Sensors: web icon for Moderate Physical Activity Facts, lesson 1, web icon 3</p> <p>155 Logging Physical Activity: web icon for Preparing a Moderate Physical Activity Plan, lesson 2, web icon 3</p> <p>165 Heart Rate Technology: web icon for Cardiorespiratory Endurance Facts, lesson 1, web icon 3</p> <p>175 Heart Rate Calculators: web icon for Building Cardiorespiratory Endurance, lesson 2, web icon 3</p> <p>329 Estimating energy requirements: web icon for Energy Balance, lesson 2, web icon 3</p> <p>365 Who can you trust? Fitness information on the web: web icon for Evaluating Health Clubs, Equipment, Media, and Internet Materials lesson 2, web icon 3</p> <p>396 Movement Analysis Apps: web icon for Moving Implements and Objects, lesson 2, web icon 3</p> <p>413 Finding opportunities for PA, around the world: web icon for Active Living Opportunities, lesson 2, web icon 3</p> <p>416 Social support via technology: web icon for Active Living Opportunities, lesson 2, web icon 4</p>
----------------------------	--	--

PE.912.M.1.15:	Select and apply sport/activity specific warm-up and cool-down techniques.	16-17 Science in Action: Warm-Up/ Cool-Down 34 Taking Action: the Warm-Up (Icon) 266-267 Ballistic Stretching 288 Science in Action: Dynamic Movement... 295 Guidelines for Flexibility Exercise 11 Lesson Vocabulary 19 Self-Assessment 50 Tests of Flexibility 72 Table 77 Exercise Circuits 87 Other Guidelines 180 Target Heart Rate Workout 194 Safety Tips 203 Your Vigorous Activity Plan 218 Muscle Fitness Testing 278 Your Muscle Fitness Exercise Plan 281 Introduction 290 Self-Assessment 297 Consider Your Program Options 298 Table 299 Top of left column 307 Your Flexibility Exercise Plan 337 Set Goals 364 Top of left column 15 Warm-up and cool-down: web icon for Scientific Foundations, lesson 1, web topic 4 34 Dynamic and Stretching Warm-Ups: What's the difference?: web icon for Lifelong, Fitness, Health and wellness, lesson 2, web topic 4 295 Safe flexibility: web icon for Preparing a Flexibility Exercise Plan, lesson 2, web topic 3
----------------	--	---

<p>PE.912.M.1.16:</p>	<p>Apply the principles of training and conditioning to accommodate individual needs and strengths. Remarks/Examples Some examples of training principles are overload, specificity and progression.</p>	<p>134 Risky Exercises 147-149 How Much Moderate Activity..... 152-155 Preparing a Moderate Act. Plan 171-172 How Much Vigorous Activity 1176-199 Preparing a Vigorous Act. Plan 192-193 Assessing Jogging Technique 209-211 Muscle Fitness Facts 212-213 Fitness Principles and Muscle Fitness 213-216 Muscle and Muscle Biomechanics 215 Fitness Technology: Isokinetic Machines 216-217 Muscle Fitness Assessment 217 Absolute Versus Relative Strength 218-225 Muscle Fitness Testing 231-233 Building Muscle Fitness (full lesson) 253-258 Core Fitness, Posture, Back Care (all) 250 Taking Action: Resistance Machine Ex... 257 Science in Action: Lifting Mechanics 273-276 Preparing a Muscle Fitness Plan 281-283 Benefits of Good Flex (all headings) 294 Yoga, Tai Chi, Pilates 296-299 Planning a Flexibility Exercise Program 320-324 Self-Assessment: Your Fitness Test 335-340 Your Comprehensive Plan (all pages) 101 Principle of Overload: Web icon for How much physical activity is enough?, lesson 1, web topic 2 189 Anaerobic activity and interval training: Web icon for Vigorous Aerobics, Sport, and Recreation, lesson 1, web topic 3 226 Principles of overload and progression: web icon for Building Muscle Fitness, lesson 2, web icon 2</p>
<p>PE.912.M.1.16: (continued)</p>		<p>276 Periodization: Web icon for Ergogenic Aids and Muscle Fitness Exercise Planning, lesson 1, web topic 3 328 Physical activity and fat loss: Web icon for Energy balance, lesson 2, web topic 2 27 Components of health-related fitness: web icon for Lifelong, Fitness, Health and wellness, lesson 2, web topic 3 147 Energy Systems: Web icon for Moderate Physical Activity Facts, lesson 1, web topic 2 162 Benefits of good cardiorespiratory fitness: web icon for Cardiorespiratory Endurance Facts, lesson 1, topic 2 184 Vigorous aerobic activity: Web icon for Vigorous Aerobics, Sport, and Recreation, lesson 1, web topic 2 195 Fitness for sport and physical activity: Web icon for Preparing and Performing a Safe and Vigorous, lesson 2, web topic 2 228 Resistance training for youth: web icon for Building Muscle Fitness, lesson 2, web icon 3</p>

PE.912.M.1.17:	Demonstrate basic cardiopulmonary resuscitation (CPR) procedures.	91 Col 1 second paragraph 90 AEDs: web icon for Health and Wellness Benefits, lesson 2, web icon 3 734-735 Learn Cardiopulmonary Resuscitation (CPR) 739 Health Technology (AEDs)
PE.912.M.1.19:	Use correct body alignment, strength, flexibility and coordination in the performance of technical movements.	235-248 Muscle Fitness Exercise Tables 254-258 All pages, Back and Posture Health 259-262 Core Exercises 263-265 Calisthenics 253 Core Muscles 254-255 Back Problems 255 Posture Problems 255-256 Back and Posture Improvement... 256 Biomechanical Principles for Lifting... 257 Science in Action: The Mechanics of Lift.. 258 PRE and Injury 266-268 Healthy Back Test 282 Rehabilitation from Injury 287-288 Balancing Muscle Fitness and Flexibility 294-295 Guidelines for Flexibility Exercise 300-305 Flexibility Exercises 231 Partner resisted exercises and homemade weights web icon for Building Muscle Fitness, lesson 2, web icon 4 253 Core Muscle Exercises web icon for Core Fitness, Posture, and Back Care, lesson 1, web icon 2 256 Back Health web icon for Core Fitness, Posture, and Back Care, lesson 1, web icon 3 295 Safe Flexibility web icon for Preparing a Flexibility Exercise Plan, lesson 2, web icon 3 387 Applying biomechanical principles web icon for Moving Your Body, lesson 1, web icon 2

PE.912.M.1.33:	Practice complex motor activities in order to improve performance.	<p>Taking Action Features for every chapter in part 1</p> <p>104-106 Physical Activity Pyramid</p> <p>152-155 Preparing a Moderate Activity Plan</p> <p>176-199 Preparing a Vigorous Activity Plan</p> <p>273-276 Preparing a Muscle Fitness Plan</p> <p>296-299 Planning a Flexibility Exercise Program</p> <p>335-340 Your Comprehensive Plan (all pages)</p> <p>183-190 Vigorous Aerobics, Sports,....</p> <p>192-193 Assessing Jogging Technique</p> <p>213-216 Muscle and Muscle Biomechanics</p> <p>257 Science in Action: Lifting Mechanics</p> <p>387-388 Biomechanical Principles</p> <p>389-391 Fundamental Skills: Stance/Locomotor</p> <p>448 Science in Action: Biomechanical Anal...</p> <p>450 Analyzing Basic Skills</p> <p>393-399 Moving Implements and Objects (all)</p> <p>42 Practicing Self-Directed Activity</p> <p>402 Applying Principles</p> <p>120 Training skill-related fitness web icon for Skills and Skill-Related Physical Fitness, lesson 1, web topic 2</p> <p>387 Applying biomechanical principles web icon for Moving Your Body, lesson 1, web topic 2</p> <p>389 Fundamental movement skills web icon for Moving Your Body, lesson 1, web topic 3</p> <p>393 Skills that move objects web icon for Moving Implements and Objects, lesson 2, web topic 2</p> <p>396 Movement analysis apps web icon for Moving Implements and Objects, lesson 2, web topic 3</p>
----------------	--	--

<p>PE.912.M.1.34:</p>	<p>Demonstrate use of the mechanical principles as they apply to specific course activities.</p> <p>Remarks/Examples</p> <p>Some examples are balance, force and leverage.</p>	<p>134 Risky Exercises 192-193 Assessing Jogging Technique 209-211 Muscle Fitness Facts 213-216 Muscle and Muscle Biomechanics 253-258 Core Fitness, Posture, Back Care (all) 250 Taking Action: Resistance Machine Ex... 257 Science in Action: Lifting Mechanics 281-283 Benefits of Good Flex (all headings) 44-50 Self-Assessment Muscle Fitness 80-81/88-89 Self-Assessment: Pacer and Trunk Lift 172-173 Self-Assessment: Muscle Fitness Testing 218-225 Self-Assessment: Healthy Back Test 320-324 Self-Assessment: Your Fitness Test 342-343 Self-Assessment: Assessing Your Posture 387-388 Biomechanical Principles 389-391 Fundamental Skills: Stance/Locomotor 390 Science in Action: Biomechanical Anal... 392 Analyzing Basic Skills 393-394 Moving Implements and Objects (all) 402 Applying Principles 253 Core Muscle Exercises web icon for Core Fitness, Posture, and Back Care, lesson 1, web icon 2 256 Back Health web icon for Core Fitness, Posture, and Back Care, lesson 1, web icon 3 295 Safe Flexibility web icon for Preparing a Flexibility Exercise Plan, lesson 2, web icon 3 387 Biomechanical principles web icon for Moving Your Body, lesson 1, web icon 2 389 Fundamental Skills web icon for Moving Your Body, lesson 1, web icon 3 393 Skills that Move Objects web icon for Moving Implements and Objects, lesson 2, web icon 2 396 Movement Analysis Apps web icon for Moving Implements and Objects, lesson 2, web icon 3</p>
-----------------------	--	--

PE.912.M.1.35:	Select proper equipment and apply all appropriate safety procedures necessary for participation.	16-17 Science in Action: Warm-Up, Cool-Down 82-87 Safe and Smart Physical Activity 83 Science Prepares Us for Safe Exercise 132-138 Physical Activity and Injury 141 Safe Exercise Circuit 194 Safety Tips (equipment) 212 Science in Action: PRE and Youth 228 Make Workout Area Safe 230 Practice Spotting 249-250 Preventing Relapse 254-255 Back Problems and Posture Problems 255-256 Back and Posture Improvement... 257 Mechanics of Lifting 258 PRE and injury 270 Fit Fact: Rhabdomyolysis 283 Fit Fact 304-305 Exercise Equipment 409 Etiquette in Physical Activity 94 Overuse Injuries 106 Flexibility Exercises 184 Aerobic Dance 192 Assessing Jogging Technique 194 Safety Tips 196 Photo 195-196 Finding the Best Activities 212 Science in Actin: Resistance Training 215 Isokinetic machines 232 Building Power 253 Introduction paragraph 727 Concussions web icon for Concussions in Sport, lesson 1, web icon 2
----------------	--	---

PE.912.M.1.35: (continued)		<p>258 PRE and Injury 283 Rehabilitation from Injury 277 Get Proper Equipment 284 Range of Motion 361 Evaluating Health Clubs 366-367 Skills for Thinking Critically 405 Lesson Vocabulary: Etiquette 15 Warm-up and cool-down web icon for Scientific Foundations, lesson 1, web topic 4 34 Dynamic and Stretching Warm-Ups: What's the difference? web icon for Lifelong, Fitness, Health and wellness, lesson 2, web topic 4 81 Medical Readiness for Physical Activity and Sport web icon for Safe and Smart Physical Activity, lesson 1, web topic 2 82 Exercise and the Environment web icon for Safe and Smart Physical Activity, lesson 1, web topic 3 91 AEDs web icon for Health and Wellness Benefits, lesson 2, web topic 3 132 Common injuries web icon for Physical Activity and Injury, lesson 2, web icon 2 138 Concussions web icon for Physical Activity and Injury, lesson 2, web icon 3 228 Resistance training for youth web icon for Building Muscle Fitness, lesson 2, web icon 3 253 Core muscle exercises web icon for Core Fitness, Posture, and Back care, lesson 1, web topic 2 256 Back health web icon for Core Fitness, Posture, and Back care, lesson 1, web topic 3 295 Safe flexibility web icon for Preparing a Flexibility Exercise Plan, lesson 2, web topic 3 410 Bullying and Sportsmanship web icon for Social Interactions in Physical Activity, lesson 1, web icon 4</p>
----------------------------	--	--

PE.912.R.5.2:	Develop strategies for including persons of diverse backgrounds and abilities while participating in a variety of physical activities.	80, 107, 122, 124, 138, 174, 192, 203, 252, 295, 381, 396, 397, 402, 407, 414, 417, 466, 482, 576, 649 (Photos: Portraying Diversity) 119-120 Skill-Related Fitness 139-140 Skills for Improving Performance 149 Fit Fact: Steps in other countries 185 Cooper's Aerobics and Brazil 201-202 Skills for Choosing Good Activities 277-278 Skills for Finding Social Support 294-305 Yoga, Tai Chi and Pilates 349-350 Changing Attitudes 409 Etiquette in Physical Activity 409-410 Diversity: Respect for Others 405 Daring to Try 405 Figure: optimal Challenge 406 Fitness Technology: Social Support 407 Helping Others in Physical Activity 185 Dance 360 Introduction—Activity in other countries 376-377 Dance Education 428 Yoga and India 428 Tai Chi 153 Moderate physical activities and inclusion web icon for Preparing a Moderate Physical Activity Plan, lesson 2, web icon 2 373 PE curricular models and adapted PE web icon for Opportunities in Physical Education, lesson 1, web icon 2 375 Importance of PE (inclusion) web icon for Opportunities in Physical Education, lesson 1, web icon 3 409 Diversity web icon for Social Interactions in Physical Activity, lesson 1, web icon 3 410 Bullying and Sportsmanship web icon for Social Interactions in Physical Activity, lesson 1, web icon 4 406 Social support via technology web icon for Active Living Opportunities, lesson 2, web icon 4
---------------	--	---

<p>PE.912.R.5.3:</p>	<p>Demonstrate sportsmanship during game situations.</p> <p>Remarks/Examples</p> <p>Some examples are controlling emotions, resolving conflicts, respecting opponents and officials, and accepting both victory and defeat.</p>	<p>405-407 Teams and Teamwork 406 Science in Action: Group Cohesiveness 410 Sportsmanship 408-409 Making and Enforcing Rules 409 Etiquette in Physical Activity 409 Diversity: Respect for Others 410 Sensitivity, Trust, and Respect 418 Skills for Conflict Resolution 405 Lesson Vocabulary 417 Definition 408 Fit Fact 405 Leadership and Sportsmanship web icon for Social Interactions in Physical Activity, Lesson 1, web topic 2 410 Bullying and Sportsmanship web icon for Social Interactions in Physical Activity, Lesson 1, web topic 4</p>
<p>PE.912.R.5.4:</p>	<p>Maintain appropriate personal, social and ethical behavior while participating in a variety of physical activities.</p> <p>Remarks/Examples</p> <p>Some examples are respecting teammates, opponents and officials, and accepting both victory and defeat.</p>	<p>277 Finding Social Support 432-434 Sport Education 405-407 Teams and Teamwork 406 Science in Action: Group Cohesiveness 410 Sportsmanship 408-409 Making and Enforcing Rules 409 Etiquette in Physical Activity 409 Diversity: Respect for Others 410 Sensitivity, Trust, and Respect/Bullying 411 Modifying Rules of Games 418 Skills for Conflict Resolution 405 Lesson Vocabulary 410 Fit Fact: Unethical Behavior 427 Definition 408 Fit Fact 416 Fitness Technology: Social Support 153 Moderate physical activities and inclusion of people with disabilities web icons for Preparing a Moderate Physical Activity Plan, lesson 2, topic 2 346 Changing negative attitudes web icon for Maintaining Active Lifestyles, lesson 2, web topic 2 405 Leadership and Sportsmanship web icon for Social Interactions in Physical Activity, lesson 1, web icon 2 409 Diversity web icon for Social Interactions in Physical Activity, lesson 1, web icon 3 410 Bullying and Sportsmanship web icon for Social Interactions in Physical Activity, lesson 1, web icon 4 416 Social support via technology web icon for Active Living Opportunities, lesson 2, web icon 4</p>

<p>PE.912.R.5.5:</p>	<p>Demonstrate appropriate etiquette, care of equipment, respect for facilities and safe behaviors while participating in a variety of physical activities.</p>	<p>16-17 Science in Action: Warm-Up, Cool-Down 82-87 Safe and Smart Physical Activity 83 Science Prepares Us for Safe Exercise 96-97 Reducing Risk Factors 132-140 Physical Activity and Injury 141 Safe Exercise Circuit 194 Safety Tips (equipment) 212 Science in Action: PRE and Youth 228 Make Workout Area Safe 230 Practice Spotting 249-250 Preventing Relapse 254-255 Back Problems and Posture Problems 253-256 Back and Posture Improvement... 257 Mechanics of Lifting 258 PRE and injury 270 Fit Fact: Rhabdomyolysis 283 Fit Fact 306 Overcoming Barriers 362-363 Exercise Equipment 409 Etiquette in Physical Activity 94 Overuse Injuries 106 Flexibility Exercises 184 Aerobic Dance 192 Assessing Jogging Technique 194 Safety Tips 196 Photo 195-196 Finding the Best Activities 212 Science in Actin: Resistance Training 215 Isokinetic machines 232 Building Power 253 Introduction paragraph</p>
----------------------	---	---

PE.912.R.5.5:(continued)		<p>258 PRE and Injury 283 Rehabilitation from Injury 277 Get Proper Equipment 2784 Range of Motion 361 Evaluating Health Clubs 366-367 Skills for Thinking Critically 405 Lesson Vocabulary: Etiquette 16 Warm-up and cool-down web icon for Scientific Foundations, Lesson 1, web topic 4 3 Dynamic and Stretching Warm-Ups: What's the difference? web icon for Lifelong, Fitness, Health and wellness, Lesson 2, web topic 4 120 Common Injuries web icon for Physical Activity and Injury, Lesson 2, web topic 2</p>
PE.912.R.6.1:	Discuss opportunities for participation in a variety of physical activities outside of the school setting that contribute to personal enjoyment and the attainment or maintenance of a healthy lifestyle.	<p>69-72 Five Steps of Planning 152-155 Preparing a Moderate Activity Plan 196-200 Preparing a Vigorous Activity Plan 273-275 Preparing a Muscle Fitness Plan 296-299 Planning a Flexibility Exercise Program 335-341 Your Comprehensive Plan (all pages) 104-106 Physical Activity Pyramid 123 Table: Skill-Related Benefits 146 Table: Moderate Activities for Teens 183-188 Vigorous Aerobics, Sport, and Recreation 193 Beginner's Jogging Workout 195-196 Finding the Best Activity for You 198 Table: Health Related Benefits of Activities 201-202 Choosing Good Activities 235-248 Muscle Fitness Exercise Tables 259-262 Core Exercises 263-265 Calisthenics 300-305 Table: Flexibility Exercises 412-417 Active Living Opportunities 41-42 Making Healthy Lifestyle Choices 57 Academic Connection: Accurate Words 58 Fitness Trails web icon for Learning Self-Management Skills, Lesson 2, web topic 3 153 Moderate Physical Activity web icon for Preparing a Moderate Physical Activity Plan, Lesson 1, web topic 2 253 Core muscle exercises web icon for Core Fitness, Posture, and Back Care, lesson 1, topic 2 294 Yoga, Tai Chi (mind/body) rehabilitation web icon for Preparing a Flexibility Plan, lesson 2, topic 2 328 Physical Activity and Fat Loss web icon for Energy Balance, lesson 2, topic 2</p>

<p>PE.912.R.6.2:</p>	<p>Analyze physical activities from which benefits can be derived. Remarks/Examples Some examples of potential benefits are physical, mental, emotional and social.</p>	<p>40-41 Benefits of Healthy Lifestyles 53-55 Self-management skills 90-95 Entire lesson, Health/Wellness Benefits 101-107 Entire lesson, How Much Is Enough? 104 Physical Activity Pyramid 121-122 Building a Skill Related Fitness Profile 123 Skill Related Benefits of Activity 132 Guidelines list 135-137 Risky Exercises 141 Safe Exercise Circuit 147 Why Should I do Moderate Activities 147-150 How Much Moderate Activity is Enough? 153 Consider Program Options 162-166 All headings, Benefits of Activity/CRE 183-191 Vigorous Activities (entire lesson) 190 Science in Action: Anaerobic Activity 197 Consider Program Options 201 Activity Participation 226 Health Benefits of Muscle Fitness Exercise 231-233 Building Muscle Fitness other headings 235-248 Muscle Fitness Exercise Tables 259-262 Core Exercises 263-265 Calisthenics 254-258 All pages, Back and Posture Health 259-262 Core Exercises 263-265 Calisthenics 281-283 Benefits of Good Flex (all headings) 294 Yoga, Tai Chi, Pilates 277 Consider Your Program Options 300-305 Table: Flexibility Exercises 327 Energy Expenditure of Activities</p>
----------------------	---	---

PE.912.R.6.2: (continued)		<p>328 Physical Activity and Fat Loss 335-336 Consider Your Program Options 362-363 Exercise Equipment 363 Evaluating Books and Articles 363-364 Evaluating Exercise Videos 373-377 Opportunities in Physical Education 375 Top 10 Reasons for Quality PE 39 Science in Action: Heredity..... 39 Healthy Lifestyle choices 41-43 Stairway 51-52 Stages of Change 39 preventing illness with healthy lifestyles web icon for Adopting Healthy Lifestyles, Lesson 1, web topic 2 153 Moderate Physical Activity web icon for Preparing a Moderate Physical Activity Plan, Lesson 1, web topic 2 162 Benefits of cardiorespiratory endurance web icon for Cardiorespiratory Endurance facts, Lesson 1, web topic 2 294 Yoga, Tai Chi (mind/body) rehabilitation web icon for Preparing a Flexibility Plan, lesson 2, topic 2 328 Physical Activity and Fat Loss web icon for Energy Balance, lesson 2, topic 2</p>
PE.912.R.6.3:	Analyze the roles of games, sports and/or physical activities in other cultures.	<p>44 Alpha FIT and Europe 149 Fit Fact: Steps in other countries 185 Cooper's Aerobics and Brazil 186 Martial Arts Exercise 294-305 Yoga, Tau Chi and Pilates 349-350 Changing Attitudes 409 Etiquette in Physical Activity 409-410 Diversity: Respect for Others 108 Alpha FIT 185 Dance 360 Introduction—Activity in other countries 376-377 Dance Education 428 Yoga and India 428 Tai Chi 120 Training skill-related fitness web icon for Skills and Skill-Related Physical Fitness, lesson 1, topic 2 294 Yoga, Tai Chi (mind/body) rehabilitation web icon for Preparing a Flexibility Plan, lesson 2, topic 2 413 Finding opportunities for Physical activity web icon for Active Living Opportunities, lesson 2, topic 3 80, 107, 122, 124, 138, 174, 192, 203, 252, 295, 381, 396, 397, 402, 407, 414, 417 (Photos: Portraying Diversity)</p>

