

FITNESS

The nationwide movement for high standards has not only determined what students should learn, but also has mandated that students demonstrate what they know. Teachers who choose FITNESS will find it is a standards-based program addressing National Health and Science Standards. The content and skills that FITNESS teaches are targets of most state frameworks for health education and the study of body systems. The FITNESS simulation provides many opportunities for performance assessment. In FITNESS students apply what they learn to change the life style of a simulation Fitness Friend and to improve their own fitness with a daily fitness workout. The teamwork required in the simulation also addresses Applied Learning standards

National Health Education Standards

Standard 1: The student will comprehend concepts related to health promotion and disease prevention.

Standard 3: The student will demonstrate the ability to practice health-enhancing behaviors and reduce health risks.

Standard 5: The student will demonstrate the ability to use interpersonal communication skills to enhance health.

Standard 6: The student will demonstrate the ability to use goal-setting and decision-making skills to enhance health.

Standard 7: The student will demonstrate the ability to advocate for personal, family, and community health.

National Science Education Standards

Content Standard C: Life Science

The Structure and function of living systems

- Specialized cells perform specialized functions in multicellular organisms. Groups of specialized cells cooperate to form a tissue, such as a muscle. Different tissues are in turn grouped together to form larger functional units, called organs. Each type of cell, tissue, and organ has a distinct structure and set of functions that serve the organism as a whole.
- The human organism has systems for digestion, respiration, reproduction, circulation, excretion, movement, control and coordination, and for protection from disease. The systems interact with one another.

Personal Health

- Regular exercise is important to the maintenance and improvement of health. The benefits of physical fitness include maintaining healthy weight, having energy and strength for routine activities, good muscle tone, bone strength, strong heart/lung systems, and improved mental health. Personal exercise, especially developing cardiovascular endurance, is the foundation of physical fitness.
- The use of tobacco increases the risk of illness. Student should understand the influence of short-term social and psychological factors that lead to tobacco use, and the possible long-term detrimental effects of smoking and chewing tobacco.
- Food provides energy and nutrients for growth and development. Nutrition requirements vary with body weight, age, sex, activity, and body function.

California Applied Learning Standards

Standard 3. Students will understand how to solve problems through teaching and learning. Students will develop and implement a teaching-learning program.

Standard 6. Students will understand how to apply communication skills and techniques. Students will demonstrate ability to communicate orally and in writing.

Standard 8. Students will understand the importance of teamwork. Students will work on teams to achieve project objectives.