# BIG IDEAS

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| Our personal fitness can be maintained or enhanced through participation in a **variety of activities at different intensity levels**. | Knowing how our bodies move and function helps us **stay safe** during exercise. | Following proper **training guidelines** and techniques can help us reach our health and fitness goals. | Making **healthy choices** can help us reach our health and fitness goals. |

## Learning Standards

| Curricular Competencies | Content |
|---|---|
| *Students are expected to be able to do the following:* | *Students are expected to know the following:* |
| **Healthy and active living**<br>• Participate daily in **physical activities** designed to enhance and maintain health components of fitness<br>• Identify, apply, and reflect on **strategies** used to pursue personal fitness goals<br>• Identify and describe the relationships between **healthy eating, overall health, and performance** in fitness activities<br>• Analyze health messages from a variety of **sources** and describe their potential influences on health and well-being<br>• Analyze a variety of **fitness myths and fads**<br>• Plan ways to overcome potential **barriers** to participation in fitness and conditioning activities<br>• Explain how developing competencies in fitness and conditioning activities can **increase confidence and encourage lifelong participation** in physical activities<br>**Human anatomy and physiology**<br>• Identify and describe how muscles produce movement in different parts of the body and how to train those muscles<br>• Identify and describe the influences of different training styles on fitness results | • **anatomical terminology**<br>• skeletal system, including **bones and joints**<br>• ways to train the **muscular and cardiovascular systems**<br>• different types of muscle, including **cardiac and skeletal muscle**<br>• relationships between energy systems and **muscle fibre types**<br>• different types and functions of **connective tissue**<br>• components of an **exercise session**<br>• exercise **safety and etiquette**<br>• ways to monitor and adjust physical exertion levels, including heart-rate monitoring and **repetition ranges**<br>• principles of program design, including training principles to enhance personal fitness levels, such as the **FITT principle**, **SAID principle**, and **specificity**<br>• **effects of different types of fitness activities** on the body<br>• sources of health information<br>• influences of **food choices and eating patterns** on physical performance<br>• **performance-enhancing supplements and drugs** |

  

## Learning Standards (continued)

| Curricular Competencies | Content |
|---|---|
| **Principles of training**<br>• Develop and demonstrate appropriate exercise techniques for a variety of fitness activities<br>• Create and implement a **personalized fitness program**<br>• Identify and describe how different types of **fitness activities influence the muscular and cardiovascular systems**<br>**Social responsibility**<br>• Demonstrate a variety of leadership skills in different types of fitness activities<br>• Demonstrate appropriate behaviours in different types of fitness activities and environments<br>• Apply safety practices in different types of fitness activities, for themselves and others | |