

# Foundations of Personal Wellness – EL2082

## Course Overview and Syllabus

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**Course Number:** EL2082

**Grade level:** 9

**Prerequisite Courses:** None

**Credits:** 1.0

### Course Description

Exploring a combination of health and fitness concepts, EL2082 is a comprehensive and cohesive course that explores all aspects of wellness. Offered as a two-semester course designed for high school students, this course uses pedagogical planning to ensure that students explore fitness and physical health and encourages students to learn about the nature of social interactions and how to plan a healthy lifestyle.

### Course Objectives

Throughout the course, you will meet the following goals:

- Analyze how factors such as heredity, environment, and culture affect health
- Describe how individuals can address health problems and endorse health advocacy through education
- Evaluate myths associated with weight training
- Describe the functions and structures of the different systems of the body
- Analyze the relationship between nutrition, health, and wellness
- Summarize how human life begins from conception through the stages of development

### Student Expectations

This course requires the same level of commitment from you as a traditional classroom course. Students are expected to spend approximately five to seven hours per week online on the following:

- Interactive lessons that include a mixture of instructional videos and tasks
- Assignments in which you apply and extend learning in each lesson
- Assessments, including quizzes, tests, and cumulative exams

## Communication

Your teacher will communicate with you regularly through discussions, email, chat, and system announcements. You will also communicate with classmates, via online tools or face-to-face, as you collaborate on projects, ask and answer questions in your peer group, and develop your speaking and listening skills.

## Grading Policy

You will be graded on the work you do online and the work you submit electronically to your teacher. The weighting for each category of graded activity is listed below:

Grading Category	Weight
Assignments	20%
Lesson Quizzes	30%
Unit Tests	30%
Cumulative Exams	20%

## Scope and Sequence

When you log into Edgenuity, you can view the entire course map—an interactive scope and sequence of all topics you will study. The units of study are listed below:

**Unit 1:** Health and Wellness Basics

**Unit 2:** Fitness and the Body

**Unit 3:** Health Maintenance

**Unit 4:** Healthy Behaviors

Unit	Topic	Lesson	Objectives
<b>Unit 1: Health and Wellness Basics</b>			
	<b>Your Health and Wellness</b>		
	<b>Your Fitness Log</b>		
	<b>Health and Wellness</b>		
			Describe the six dimensions of health
			Differentiate between health and wellness
			Analyze how influences such as heredity, environment, and culture impact health
	<b>A Healthy Lifestyle</b>		
			Describe how changes in lifestyle have affected health, wellness, and disease
			Identify controllable and uncontrollable health risk factors and the behaviors that can cause them
			Describe how individuals can address health problems and endorse health advocacy through education
	<b>Fitness Basics</b>		
	<b>Physical Fitness Basics</b>		
			Define physical fitness, physical activity and exercise
			Differentiate between health, wellness and physical fitness
			Justify the inclusion of physical activity as an essential component of personal health and wellness
	<b>Physical Fitness and Lifestyle</b>		
			List controllable and uncontrollable factors that influence physical fitness levels
			Describe the relationship between physical fitness and lifestyle
	<b>Physical Activity Benefits</b>		
			Summarize the benefits of participating in regular physical activity
			Identify ways physical activity helps lower the risk for disease
			Describe how much physical activity is recommended for developing health and fitness
	<b>Physical Fitness Attitudes</b>		
			Identify why physical fitness is an important health factor in the United States
			Recognize attitudes that positively and negatively influence physical fitness and discuss the benefits of having a positive attitude
	<b>Fitness Principles</b>		
	<b>Principles of Exercise</b>		
			Apply the training principles of overload, progression, and specificity to physical activity
			Describe the components of FITT (Frequency, Intensity, Time, and Type)
			Identify proper procedures and benefits of warming up and cooling down

Unit	Topic	Lesson	Objectives
		<b>Health-related Fitness</b>	
			List and define each of the five health-related fitness components
			Describe strategies for assessing health-related fitness levels
			Identify activities which improve the components of health-related fitness
		<b>Skill-related Fitness</b>	
			List and define each of the six skill-related fitness components
			Identify factors that influence skill-related fitness levels
			Describe strategies for assessing skill-related fitness levels
		<b>Fitness Evaluation</b>	
			Discuss the factors involved in conducting a fitness evaluation using national fitness tests
			Interpret the results of a fitness evaluation
			Set personal fitness goals based on the results of a fitness evaluation
		<b>Designing a Personal Fitness Plan</b>	
		<b>Setting Healthy Goals</b>	
			Differentiate between long-term goals and short-term goals
			Identify guidelines that should be followed when setting goals
			Develop an action plan to achieve a personal goal
		<b>Your Fitness Plan</b>	
			Explain the steps for putting together a successful personal fitness program
			Describe strategies that can help maintain a fitness program over the long term
			Tailor a fitness program to accommodate different life stages
		<b>Activity Selection</b>	
			Analyze common exercise programs and sports activities
			Identify health needs that affect participation in activities
			Describe how personality, attitude, and available resources affect the selection of exercise programs and sports activities
		<b>Beginning An Exercise Program</b>	
			Explain the importance of having a medical evaluation prior to beginning a personal fitness program
			Recognize clothing that is appropriate for safe physical activity
			Describe the characteristics of appropriate safety equipment for physical activity
		<b>Fitness Centers and Equipment</b>	
			Consider the factors related to the selection, purchase, care and maintenance of physical fitness equipment
			Develop criteria for evaluating fitness centers

Unit	Topic	Lesson	Objectives
	<b>Safety and Environmental Health</b>		
	<b>First Aid</b>		
			Defend the importance of learning first aid for responding to accidental injuries
			List the steps for responding to life-threatening emergencies and administering CPR
			Examine strategies for responding to common injuries
	<b>Environmental Conditions and Safety</b>		
			Describe how personal choice affects the safety of an exercise environment
			Discuss how extreme heat and cold can influence the safety of physical activity
			Explain methods for maintaining proper fluid balance during physical activity
	<b>Making Wise Personal-Safety Decisions</b>		
			Develop strategies for preventing injuries at work and home
			Discuss how climate and environmental conditions can influence the safety of recreational activities
			Discuss the importance of safety precautions while engaging in water-based activities
	<b>Environmental Health</b>		
			Describe issues related to air quality and its effects on health
			Examine how various types of pollution impact local communities and the world
			Critique strategies developed and approved by environmental protection agencies for protecting the environment
	<b>Lifetime Fitness</b>		
	<b>Lifetime Fitness</b>		
			Describe the benefits of lifetime fitness
			Explore popular activities that are common among people seeking lifetime fitness
			Identify and explain characteristics that help people become and remain active
	<b>Aging and Fitness</b>		
			Identify the changes that occur as the body ages
			Describe the importance of physical fitness for all ages and abilities
			Explore how exercise can be modified to include family participation
	<b>Heredity and Genetics</b>		
			Describe heredity and genetics and their role in human development
			Identify common hereditary disorders
			Analyze genetic testing and research and describe their impact on the health of people with hereditary disorders

Unit	Topic	Lesson	Objectives
	<b>Skills for Wellness</b>		
	<b>Decision Making</b>		
			Analyze influences on people’s decisions and describe the consequences of decision making
			List the steps in the decision making process
			Recommend the steps a person can take to address consequences caused by poor decision making
	<b>Communication</b>		
			Describe the communication process and effective and ineffective communication
			Differentiate between passive, assertive, and aggressive communication styles
			Develop speaking, listening, and nonverbal communication skills necessary for building healthy relationships
	<b>Conflict Management</b>		
			Identify the causes of conflict
			Recognize factors that influence conflict resolution
			Demonstrate an understanding of conflict resolution strategies
	<b>Peer Pressure and Refusal Skills</b>		
			Differentiate between positive and negative peer pressure
			Identify causes of peer pressure and describe situations in which peer pressure is common
			Discuss the refusal skills needed to make responsible decisions under pressure
	<b>Personal Care</b>		
			Identify strategies for personal care and hygiene that promote health
			Describe personal strategies for minimizing potential harm from exposure to the Sun
			Analyze the importance of sleep hygiene for overall health
	<b>Skills for Personal Success</b>		
	<b>Time Management</b>		
			Explain the different between free time and committed time
			List a variety of strategies for managing time
	<b>Leadership</b>		
			Define leadership
			List the traits, characteristics, and mannerisms associated with effective leaders
			Recognize and identify leadership styles and situations that are appropriate for using them
	<b>Making Consumer Choices</b>		
			Describe factors that influence consumer decisions about health products, procedures, and information
			Analyze health messages delivered through advertisements in the media
			Explore the ways in which technology affects the accessibility and reliability of healthcare information

Unit	Topic	Lesson	Objectives
		<b>Choosing Health Services</b>	
			Describe health care services that are available in the community and how they relate to disease prevention and health promotion
			Evaluate health and fitness professionals
			Analyze the cost and accessibility of health services for all people
		<b>Dealing with Consumer Issues</b>	
			List and describe common health-related and fitness-related fallacies
			Identify government agencies, consumer groups, and business organizations in the community and world that advocate for consumer rights
			Explain methods for addressing critical health issues that result from fraud
		<b>Fitness and Wellness Careers</b>	
			Identify a variety of fitness and wellness career opportunities
			Discuss the educational requirements for varying careers in the fitness and wellness industry
			List the pros and cons of working in the fitness and wellness industry
<b>Unit 2: Fitness and the Body</b>			
		<b>Movement in the Body</b>	
		<b>The Skeletal, Muscular, and Nervous Systems</b>	
			Describe the structures and proper care of the of the skeletal system
			Summarize the muscular system, including the functions, types of muscles, and problems associated with the system
			Describe the structures of the nervous system and identify injuries and diseases the affect the nervous system
		<b>Movement</b>	
			Describe the effects of energy and force on movement using acceleration and velocity
			Explain the three classes of levers present in the human body and demonstrate their use in physical activity
		<b>Stability &amp; Range of Motion</b>	
			Describe strategies for improving stability
			Identify the six types of joints
			Describe the relationship between joints and range of motion
		<b>Integrated Movement</b>	
			List external forces that provide resistance to human movement
			Describe the relationship between efficiency and energy use
			Use the principles of biomechanics to describe an integrated system of human movement

Unit	Topic	Lesson	Objectives
	<b>Muscular Fitness</b>		
		<b>Muscular Strength and Endurance</b>	
			Differentiate between muscular strength and muscular endurance
			Explain how muscular strength and endurance contribute to good health and fitness
			Describe how muscles work and grow
		<b>Developing Muscular Strength and Endurance</b>	
			Evaluate the components of weight training in order to design an appropriate personal program
			Apply exercise principles to develop muscular strength and endurance
			Demonstrate methods for assessing muscular strength and endurance
		<b>Safe Weight Training</b>	
			Describe proper safety procedures for participating in a weight training program
			Demonstrate proper spotting techniques
			Describe the effects of supplements and drugs that are marketed to active people and athletes
		<b>Exploring Exercises for Muscular Fitness</b>	
			Evaluate the differences between weight-training techniques
			Identify exercises which develop muscular strength and endurance
			Recognize myths associated with weight training
	<b>Flexibility</b>		
		<b>Factors Influencing Flexibility</b>	
			Describe the characteristics of flexibility and factors that influence flexibility levels
			Identify health benefits associated with flexibility
		<b>Physical Activity and Flexibility</b>	
			Apply exercise principles to developing flexibility
			Explain the different types of stretching exercises and how they affect muscles
			Demonstrate methods for assessing flexibility
		<b>Safe and Effective Stretching</b>	
			List guidelines for doing flexibility exercises safely
			Describe a variety of stretching exercises
			Identify stretching exercises that are harmful and should be avoided
	<b>Cardiorespiratory Fitness</b>		
		<b>The Cardiovascular and Respiratory Systems</b>	
			Describe the functions and structures of the cardiovascular system
			Describe the functions and structures of the respiratory system
			Describe proper care of the cardiovascular and respiratory systems to avoid disease



Unit	Topic	Lesson	Objectives
		<b>Developing Cardiorespiratory Fitness</b>	
			Apply the exercise principle of overload to improve cardiovascular health
			Describe how the exercise principle of progression leads to improved cardiovascular health
			Differentiate between aerobic and anaerobic exercise using the exercise principle of specificity
		<b>Physical Activity and Cardiorespiratory Fitness</b>	
			Identify factors that influence cardiovascular and respiratory fitness levels
			Describe the affect of physical activity on the cardiovascular and respiratory system
			Demonstrate methods for assessing cardiorespiratory fitness
		<b>Exploring Activities for Cardiorespiratory Fitness</b>	
			Compare multiple aerobic activities for their ability to promote cardiorespiratory fitness
			Determine safety considerations when performing aerobic activities
			Recognize exercise considerations for those with special needs
		<b>Cardiovascular Diseases</b>	
			Describe common types of cardiovascular disease
			Summarize how one's lifestyle can contribute to cardiovascular disease
			List ways to identify, treat, and prevent cardiovascular disease
	<b>Sport Selection</b>		
		<b>Team Sports</b>	
			List common characteristics of team sports, including offense, defense, and officials
			Describe how participating in team sports benefits the dimensions of health
			Identify team sports that achieve health-related fitness goals in both school and outside of school
		<b>Individual Sports</b>	
			Explain why participating in individual sports is enjoyable and desirable
			Describe how participating in individual sports benefits the dimensions of health
			Identify individual sports that help to achieve health-related and skill-related fitness goals
		<b>Skills and Tactics</b>	
			Identify skills important for participating in physical activities
			Describe strategies used to play team sports
			Identify techniques for improving your performance when participating in sports
	<b>Being Sports Ready</b>		
		<b>Participating in Sports</b>	
			Describe sportsmanship and why it is important when participating in sports
			Define competition and describe what it means to compete
			Summarize necessary responsible behaviors when participating in sports

Unit	Topic	Lesson	Objectives
		<b>Being a Good Sport</b>	
			Identify and apply the rules of safe sports participation
			Summarize an official's role in team sports
			Describe sports etiquette and ethics
		<b>Diversity in Sports</b>	
			Examine athletic limitations and differences in yourself and others
			Explore techniques for including peers of all ability levels in sports activities
			Explore sports and activities of other countries and cultures
		<b>Common Sports Injuries and Prevention</b>	
			Identify exercises and movements that are dangerous and can lead to injury
			List and describe common exercise-related physical injuries
			List guidelines for preventing injuries during physical activity
		<b>Treatment for Common Sports Injuries</b>	
			Describe strategies for determining the severity of a sports injury
			Examine response strategies for injuries requiring basic first aid attention
			Assess physical activity injuries that require professional health or rehabilitation services
<b>Unit 3: Health Maintenance</b>			
		<b>Achieving a Healthy Body Composition</b>	
		<b>The Digestive and Urinary Systems</b>	
			Describe the functions and structures of the digestive system
			Describe the functions and structures of the urinary system
			Describe proper care of the digestive and urinary systems to avoid disease and problems that can occur in the urinary and digestive systems
		<b>Healthy Body Composition</b>	
			Define body composition and describe the importance of body fat
			Describe genetic, physiological, and lifestyle factors that influence body composition
			Identify health-related problems associated with abnormal percentages of body fat
		<b>Determining and Controlling Body Composition</b>	
			Describe methods for determining body composition, including Body Mass Index
			Apply the exercise principles to controlling body composition
			Analyze additional strategies for achieving or maintaining a healthy body composition

Unit	Topic	Lesson	Objectives
		<b>Diets</b>	
			Differentiate between multiple meanings of diet
			Identify additional harmful diets and weight-loss strategies and their effects on the body
			Describe common dietary restrictions and trends
		<b>Body Image and Eating Disorders</b>	
			Discuss the relationship between body image and eating disorders, including the influence of the media on body image
			List the symptoms and health dangers of the most common eating disorders
			Develop a methodology for improving body image
	<b>Nutrition</b>		
		<b>Food and Health</b>	
			Analyze the relationship between nutrition, health, and wellness
			Describe the functions of the six basic nutrients in maintaining health
			Recall common nutrition terminology
		<b>Nutritional Needs</b>	
			Assess nutritional needs based on dietary guidelines and the Food Guide Pyramid
			Formulate healthy meal plans and snacks as part of a balanced diet
			Describe how nutritional needs change throughout the lifespan
		<b>Guidelines for Healthy Eating</b>	
			Analyze the information on food labels and apply it to make better food choices
			Analyze the conditions that lead to the spread of common foodborne illnesses
			Recognize common myths regarding nutrition
	<b>Adolescent Development</b>		
		<b>The Endocrine and Reproductive Systems</b>	
			Describe the functions and structures of the endocrine system
			Identify the names and functions of the parts of the female reproductive system
			Identify the names and functions of the parts of the male reproductive system
		<b>Adolescence</b>	
			Compare the physical changes that occur in boys and girls during adolescence
			Describe the mental and emotional changes that occur during adolescence
			Describe social changes experienced during adolescence
		<b>Dating Relationships</b>	
			List characteristics of a healthy and safe dating relationship
			Describe the pressures of a teen relationship
			Summarize the possible consequences of sexual activity for teens

Unit	Topic	Lesson	Objectives
		<b>Pregnancy</b>	
			Summarize how human life begins from conception through the stages of development
			Explain the importance of proper prenatal care and nutrition during pregnancy
			Describe the stages of labor
		<b>Abstinence and Contraceptives</b>	
			Evaluate commonly used contraceptive methods, including abstinence, for effectiveness in preventing pregnancy
			List the advantages of abstinence, including social and emotional benefits
			Discuss refusal skills and avoidance techniques for avoiding sexual activity
		<b>Sexually Transmitted Infections</b>	
		<b>Risks of Sexually Transmitted Infections</b>	
			Describe the prevalence of sexually transmitted infections and identify why teenagers are particularly at risk for being infected
			Describe how STIs are spread from one person to another and how to prevent the spread of STIs
			Examine the responsibilities of people who think they may be infected with an STI
		<b>Common Sexually Transmitted Infections</b>	
			Describe the transmission, symptoms, and treatment for common STIs
			List examples of ways in which STIs can damage a person's health, including the effects on a fetus
			Examine public health policies and practices regarding the prevention and treatment of STIs
		<b>Understanding HIV and AIDS</b>	
			Describe how HIV infects and destroys the immune system
			Identify behaviors known to transmit HIV, and behaviors that do not transmit HIV
			Describe the process of getting tested for HIV and the treatment for HIV infections and AIDS
		<b>Living with HIV and AIDS</b>	
			Analyze the HIV/AIDS pandemic and strategies for improving the current global status
			Describe the challenges of a person living with HIV/AIDS
			Relate risk behaviors to the transmission of HIV and describe methods to prevent transmission
		<b>Communicable Diseases</b>	
		<b>Defining Communicable Diseases</b>	
			Identify the types of pathogens that cause communicable diseases
			Describe ways in which communicable diseases are spread
			Name common treatments for communicable diseases

Unit	Topic	Lesson	Objectives
		<b>Preventing Communicable Diseases</b>	
			Examine the ways the body protects itself against invading pathogens
			List ways to care for the immune system and prevent the spread of diseases
			Identify community resources available to help treat and prevent the spread of communicable diseases
		<b>Common Communicable Diseases</b>	
			Explain the causes, transmission, and treatment of common bacterial and viral diseases
			Explain the causes, transmission, and treatment of common fungal, protozoan, and parasitic diseases
			Determine how medical technology has affected the health status of the world
		<b>Noncommunicable Diseases and Disabilities</b>	
		<b>Cancer</b>	
			Describe the causes and types of cancer
			Explain methods for treating cancer and recognize the importance of early detection
			Identify behaviors that put an individual at risk for developing cancer
		<b>Common Noncommunicable Diseases</b>	
			Describe noncommunicable diseases and the causes of noncommunicable diseases
			List common hereditary diseases, immune disorders, and autoimmune diseases and methods for coping with them
			Differentiate between the types of diabetes and their causes
		<b>Disabilities</b>	
			Define disability and describe mental and physical disabilities
			Examine the challenges individuals with disabilities face
			Describe laws and policies designed to accommodate individuals with disabilities
<b>Unit 4: Healthy Behaviors</b>			
		<b>Achieving Mental and Emotional Health</b>	
		<b>Evaluating Mental and Emotional Health</b>	
			Identify characteristics of good mental and emotional health
			Describe how mental and emotional health fit into the stages of Maslow's hierarchy of needs
			Explain how personality influences a person's overall mental and emotional health
		<b>Managing Emotions</b>	
			Define and identify common emotions
			Compare and contrast positive and negative methods for managing emotions
			Describe the impact of emotions on overall health

Unit	Topic	Lesson	Objectives
		<b>Developing Positive Self Esteem</b>	
			Differentiate between high and low self-esteem
			Identify factors that influence self-esteem
			List strategies for improving self-esteem
		<b>Mental, Emotional, and Stress-Related Problems</b>	
		<b>Mental Health Disorders</b>	
			Name various types of mental health disorders
			Summarize the causes of mental health disorders
			Identify types of treatment and resources available for mental health disorders
		<b>Anxiety, Depression and Suicide</b>	
			Identify strategies for coping with the symptoms of anxiety
			Identify strategies for coping with the symptoms of depression
			List the warning signs of suicide and determine strategies for preventing suicide
		<b>Grieving and Loss</b>	
			Identify different kinds of loss and their effects
			List the stages of the grieving process and how people react during each stage
			Identify resources and methods that help a person cope with grief
		<b>Stress and Health</b>	
			Explain common sources of stress
			Describe how people react to stress physically, emotionally, and behaviorally
			Recognize the relationship between stress and disease
		<b>Coping with Stress</b>	
			Develop healthy behaviors that help reduce stress
			Describe positive and negative strategies for coping with stress
		<b>Relationships</b>	
		<b>Healthy Friendships</b>	
			Recognize different types of peer relationships and their effects on health
			List strategies for forming, building and strengthening healthy friendships
			Discuss resolutions for common difficulties that affect friendships
		<b>Family Relationships</b>	
			Describe the importance of families and strategies for having health family relationships
			Examine how changes and challenges in the family impact health and wellness
			Develop strategies for preventing, avoiding, and treating abuse and violence within the family

Unit	Topic	Lesson	Objectives
		<b>Adulthood &amp; Marriage</b>	
			Describe the changes that occur from young adulthood to older adulthood
			Identify characteristics of successful marriages and challenges married teens may face
			Explain the responsibilities of parenthood, including how parents can promote a healthy family
		<b>Responding to Violence and Abuse</b>	
			Identify strategies for remaining safe at home and in the community
			Identify the causes and influences of various types of violence
			Describe how sources of conflict, violence, and abuse can be minimized
	<b>Tobacco</b>		
		<b>Using Tobacco</b>	
			Describe the harmful substances in tobacco and tobacco smoke
			Identify factors that contribute to tobacco use
			Summarize the effects of tobacco use on family, finances and society
		<b>Dangers of Tobacco</b>	
			Summarize the short-term and long-term health risks associated with tobacco use
			Describe the harmful effects of secondhand smoke, and the effects of tobacco on fetuses, infants and young children
			Examine laws, policies, and practices that help prevent tobacco-related disease
		<b>Choosing a Tobacco-Free Life</b>	
			Describe strategies, community resources and supports that make quitting smoking easier
			Describe the benefits of a tobacco-free lifestyle
			Develop strategies for refusing tobacco products
	<b>Alcohol</b>		
		<b>Using Alcohol</b>	
			Define alcohol and identify serving size and legal amounts
			Identify factors that influence decisions about alcohol use
			Examine the negative consequences of alcohol use
		<b>Alcohol and the Body</b>	
			Describe the short-term and long-term effects of alcohol use on the body
			Describe the harmful effects of alcohol on a developing fetus
			Describe alcoholism and its harmful affects on families and society
		<b>Choosing an Alcohol-Free Life</b>	
			Summarize treatment options for overcoming alcoholism
			Identify organizations involved in educating people about the dangers of alcohol
			Develop strategies for refusing alcohol

Unit	Topic	Lesson	Objectives
	<b>Medicines and Drugs</b>		
	<b>Drugs as Medicine</b>		
			Describe the role of medicine in health promotion, disease prevention, and possible complications that may arise from taking them
			Differentiate between prescription and over-the-counter medicines
			List laws, policies, and practices that relate to the safe use of medicine
	<b>Illegal Drugs</b>		
			Differentiate between legal and illegal drugs
			Describe why and how illegal drugs are abused
			Identify commonly abused illegal drugs and their effects
	<b>Drug Use Risks</b>		
			Describe drug abuse and examine the health risks and consequences involved in using drugs
			Describe how drug abuse affects the decision making process
			Identify the ways that drug use and abuse negatively affect families, friends, communities, and society
	<b>Choosing a Drug-Free Life</b>		
			Describe schools and community strategies for preventing the use of drugs and other addictive substances
			List treatment options for drug-related addictions and alternatives to drug and substance abuse
			Develop strategies for refusing illegal drugs