

Standard ID	Standard Text	Edgenuity Lesson Name
116.52	Foundations of Personal Fitness	
116.52.1	Movement. While participating in physical activity, the student applies physiological and biomechanical principles to improve health-related fitness.	
116.52.1.A	Apply physiological principles related to exercise and training such as warm-up/cool down, overload, frequency, intensity, specificity, or progression.	<ul style="list-style-type: none"> <li>Your Fitness Log</li> <li>Principles of Exercise</li> <li>Movement</li> <li>Stability &amp; Range of Motion</li> <li>Developing Muscular Strength and Endurance</li> <li>Physical Activity and Flexibility</li> <li>Safe and Effective Stretching</li> <li>Developing Cardiorespiratory Fitness</li> </ul>
116.52.1.B	Apply biomechanical principles related to exercise and training such as force, leverage, and type of contraction.	<ul style="list-style-type: none"> <li>Your Fitness Log</li> <li>Movement</li> <li>Stability &amp; Range of Motion</li> <li>Integrated Movement</li> </ul>
116.52.2	Social development. During physical activity, the student develops positive self-management and social skills needed to work independently and with others.	
116.52.2.A	Apply rules, procedures, and etiquette.	<ul style="list-style-type: none"> <li>Leadership</li> <li>Safe Weight Training</li> <li>Team Sports</li> <li>Individual Sports</li> <li>Skills and Tactics</li> <li>Participating in Sports</li> <li>Being a Good Sport</li> <li>Diversity in Sports</li> </ul>
116.52.2.B	Recognize and resolve conflicts during physical activity.	<ul style="list-style-type: none"> <li>Communication</li> <li>Conflict Management</li> <li>Leadership</li> </ul>

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116.52.3	Physical activity and health. The student applies safety practices associated with physical activity.	
116.52.3.A	Demonstrate safety procedures such as spotting during gymnastics and using non-skid footwear.	Beginning An Exercise Program Environmental Conditions and Safety Safe Weight Training Safe and Effective Stretching Exploring Activities for Cardiorespiratory Fitness Being a Good Sport Common Sports Injuries and Prevention
116.52.3.B	Describe examples and exercises that may be harmful or unsafe.	Exploring Exercises for Muscular Fitness Safe and Effective Stretching Exploring Activities for Cardiorespiratory Fitness Common Sports Injuries and Prevention Treatment for Common Sports Injuries
116.52.3.C	Explain the relationship between fluid balance, physical activity, and environmental conditions such as loss of water and salt during exercise.	Environmental Conditions and Safety
116.52.3.D	Identify the effects of substance abuse on physical performance.	Safe Weight Training
116.52.4	Physical activity and health. The student applies fitness principles during a personal fitness program.	
116.52.4.A	Explain the relationship between physical fitness and health.	Physical Fitness Basics Physical Fitness and Lifestyle Physical Activity Benefits Physical Fitness Attitudes Health-related Fitness Dealing with Consumer Issues Muscular Strength and Endurance Factors Influencing Flexibility Developing Cardiorespiratory Fitness Team Sports Individual Sports Healthy Body Composition

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116.52.4.A	Explain the relationship between physical fitness and health. (Cont'd.)	Coping with Stress
116.52.4.B	Participate in a variety of activities that develop health-related physical fitness activities including aerobic exercise to develop cardiovascular efficiency.	Your Fitness Log Health-related Fitness Your Fitness Plan Activity Selection Lifetime Fitness Muscular Strength and Endurance Developing Muscular Strength and Endurance Safe Weight Training Exploring Exercises for Muscular Fitness Safe and Effective Stretching Developing Cardiorespiratory Fitness Physical Activity and Cardiorespiratory Fitness Exploring Activities for Cardiorespiratory Fitness Team Sports Individual Sports
116.52.4.C	Demonstrate the skill-related components of physical fitness such as agility, balance, coordination, power, reaction time, and speed.	Skill-related Fitness
116.52.4.D	Compare and contrast health-related and skill-related fitness.	Health-related Fitness Skill-related Fitness Individual Sports
116.52.4.E	Describe methods of evaluating health-related fitness such as Cooper's 1.5 mile run test.	Health-related Fitness Fitness Evaluation
116.52.4.F	List and describe the components of exercise prescription such as overload principle, type, progression, or specificity.	Principles of Exercise Safe and Effective Stretching

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116.52.4.G	Design and implement a personal fitness program.	Your Fitness Log Physical Fitness Basics Setting Healthy Goals Your Fitness Plan Activity Selection Beginning An Exercise Program Lifetime Fitness Aging and Fitness Developing Muscular Strength and Endurance Exploring Exercises for Muscular Fitness Safe and Effective Stretching Exploring Activities for Cardiorespiratory Fitness Determining and Controlling Body Composition
116.52.4.H	Evaluate consumer issues related to physical fitness such as marketing claims promoting fitness products and services.	Fitness Centers and Equipment Making Consumer Choices Choosing Health Services Dealing with Consumer Issues
116.52.5	Physical activity and health. The student comprehends practices that impact daily performance, physical activity, and health.	
116.52.5.A	Investigate positive and negative attitudes towards exercise and physical activities.	Physical Fitness Attitudes Being a Good Sport
116.52.5.B	Describe physical fitness activities that can be used for stress reduction.	Time Management Factors Influencing Flexibility Physical Activity and Flexibility Stress and Health Coping with Stress

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116.52.5.C	Explain how over training may contribute to negative health problems such as bulimia and anorexia.	Making Consumer Choices Dealing with Consumer Issues Healthy Body Composition Determining and Controlling Body Composition Diets Body Image and Eating Disorders
116.52.5.D	Analyze the relationship between sound nutritional practices and physical activity.	Physical Fitness Basics Physical Activity Benefits Physical Fitness Attitudes Healthy Body Composition Determining and Controlling Body Composition Food and Health Nutritional Needs Guidelines for Healthy Eating
116.52.5.E	Explain myths associated with physical activity and nutritional practices.	Dealing with Consumer Issues Determining and Controlling Body Composition
116.52.5.F	Analyze methods of weight control such as diet, exercise, or combination of both.	Healthy Body Composition Determining and Controlling Body Composition Diets

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116.52.5.G	Identify changeable risk factors such as inactivity, smoking, nutrition, and stress that affect physical activity and health.	Physical Fitness and Lifestyle Physical Activity Benefits Health-related Fitness The Skeletal, Muscular, and Nervous Systems Muscular Strength and Endurance Factors Influencing Flexibility The Cardiovascular and Respiratory Systems Cardiovascular Diseases Food and Health Nutritional Needs Guidelines for Healthy Eating Stress and Health