This course provides students with a basic understanding of fitness and nutrition. Students will learn about exercise safety, team and individual sports, nutrition, and the importance of staying active throughout their lifetime. Students conduct fitness assessments and participate in weekly physical activity.

Unit 1: Get Moving

- Fitness Assessment
- Fitt Principles
- Movement & Motion

Unit 2: Safety & Injuries

- Exercise Safety
- Treating Injuries
- Exercising In Extreme Temperature

Unit 3: Sports

- Game Strategy
- Team Sports
- Individual Sports
- Cross-Training

Unit 4: Nutrition & Drugs

- MyPlate
- Dietary Guidelines
- Myths & Misconceptions
- Drugs & Exercise

Unit 5: Staying Active

- Post Assessment

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