Health and Personal Fitness combines instruction in health and physical education in a full-year, integrated course. It focuses on developing skills, habits and attitudes to maintain a healthy lifestyle and applying lessons learned to physical fitness. Through active participation and real-world simulations, the course aims to demonstrate firsthand the value of conscientious lifestyle management.

Health and Personal Fitness lays a foundation for making healthy decisions by building seven skills: accessing valid health information; analyzing internal and external influences; self-management; interpersonal communication; decision-making; goal setting; and advocacy. Students apply these skills to a variety of topics throughout the course, including mental and emotional health, social health, nutrition, physical fitness, substance use and abuse, disease prevention and treatment, and injury prevention and safety. Successful completion of this course will require parent/legal guardian sign-off on student-selected physical activities on weekly participation reports to verify the student is meeting his or her requirements and responsibilities.

This course is built to state standards for health and physical education and informed by the National Health Standards (SHAPE).

Length: Two Semesters

Unit 1: Mental and Emotional Health

- Introduction to Health
- Your Mental and Emotional Health
- Suicide and Violence Prevention
- Communication Skills
- Wrap Up: Mental and Emotional Health

Unit 2: Fitness and Nutrition

- Guidelines for Fitness and Nutrition
- Threats to Fitness and Good Nutrition
- Planning for Fitness and Good Nutrition
- Wrap Up: Fitness and Nutrition

Unit 3: Drugs

- Drug Use and Abuse
- Living Drug Free
- Advocating for a Drug-Free Lifestyle
- Wrap Up: Drugs

Unit 4: Disease

- Types of Diseases

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- Preventing Disease
- Susceptibility, Detection, and Treatment of Disease
- Wrap Up: Disease

Unit 5: Injuries

- Safety and Injury Prevention
- Safety Laws and First Aid
- Weather and Natural Disaster Safety
- Wrap Up: Injuries

Unit 6: Sexual Health

- Reproductive Health and Relationships
- Abstinence and Online Safety
- Recognizing Harmful Relationships
- Safe Sexuality and Pregnancy
- Wrap Up: Sexual Health

Unit 7: Semester Review and Exam

Unit 8: P.E. Designed for Me

- Online P.E.
- Fitness Logs
- Warm It Up, Cool It Down
- Setting Fitness Goals
- Career and Educational Options
- P.E. Designed for Me Wrap-Up

Unit 9: Is My Body Good to Go?

- Your Fitness Needs
- Safety Factors
- Don't Hurt Yourself
- Health Practices
- Is My Body Good to Go? Wrap-Up

Unit 10: Great for the Heart

- Work Your Heart Out
- Join the Team
- Team Concepts
- Sportsmanship
- Great for the Heart Wrap-Up

Unit 11: Fit as a Fiddle

- Muscle Madness
- Time for Anaerobics
- Individual Sports
- Sports Downfalls

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- Fit as a Fiddle Wrap-Up

Unit 12: Fitness Adventure

- Outdoor Fitness Fun
- Have Fun and Be Careful
- Adventure Activities
- Continued Athleticism
- Fitness Adventure Wrap-Up

Unit 13: Semester Wrap-Up

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