



Health, Fitness, and Nutrition A: Full Course Summary

Course Summary

This is the first of two courses that comprise Health, Fitness, and Nutrition. In this course, the student will study a variety of health-related topics and learn the benefits of fitness. The student will gain a new awareness of his own fitness level and nutritional needs. The student will also learn how to adopt long-term, healthy habits and lifestyle changes to improve and inspire his overall state of well being.

This course will also teach the student how fitness can influence one's self image and will help him to understand the value of respecting his own body. The student will explore the dangers of alcohol and drug use and develop social strategies to avoid peer pressure. The student will also examine such things as eating disorders, prevention of injury, and first aid.

Unit 1 Summary

In this unit, you will learn about the different aspects of being fit and why these aspects are important. You will also learn factors that determine fitness but are out of your control. Various tests, components, and guidelines for exercise, joints, flexibility, stretching, and the mind-body connection are covered.

Lessons

1. Health, Wellness, and the Importance of Fitness
2. Risk Factors
3. Fitness Factors
4. Fitness Testing
5. Components of Fitness
6. Guidelines for the Exercise Session
7. Understanding How Joints Move
8. Understanding Flexibility
9. Stretching Exercises
10. Mind-Body Conditioning and Awareness

Unit 2 Summary

In this unit, you will study the anatomy of the heart and its relation to exercise and muscle strengthening. Aerobic training and the importance of training properly will also be discussed. You will discover why developing positive exercise habits at young age will help increase longevity and quality of life.

Lessons

1. Anatomical Structure of the Heart and How it Works
2. Blood Pressure
3. The Respiratory System
4. Muscle Fibers
5. The Muscles
6. Circulation and Exercise
7. Developing Muscular Strength and Endurance
8. Aerobic Training Benefits
9. Poor Aerobic Conditioning and Body Composition

Unit 3: Final Exam

Lessons

1. Health, Fitness, and Nutrition A Final Exam

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