



Health, Fitness, and Nutrition B: Full Course Summary

Course Summary

This is the second 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

Students will begin to explore the causes of obesity and the steps to prevent obesity and other diseases that arise from a sedentary lifestyle. You will learn about weight control and the different types of diets that are common today. You will also be able to determine which diets can and cannot work. Stress and stress management will also be explored in this unit.

Lessons

1. Body Fat and Obesity
2. Nutrition and Staying Healthy
3. Weight Control
4. The Importance of Hydration
5. Sports Nutrition Myths
6. Fad Diets
7. Eating Disorders
8. Stress Management
9. Healthy Relationships
10. Drugs and Alcohol

Unit 2 Summary

In this unit, you will learn about first aid, personal wellness, and the dangers of alcohol and drug use. Students will discover myths that surround exercise and identify ways to prevent injury while exercising. You will also explore how fitness can influence self image and how to develop and design a personal exercise program.

Lessons

1. Injury Prevention and Exercising Safely
2. Exercise Myths
3. The Importance of First Aid
4. Exercise for Medical Conditions
5. The Importance of Proper Exercise Attire
6. Designing Your Exercise Program
7. Staying Motivated
8. Selecting a Fitness Facility
9. Family Life and Education and Your Community

Unit 3: Final Exam

Lessons

1. Health, Fitness, and Nutrition B Final Exam

National Connections Academy 1001 Fleet St. 5th Floor Baltimore MD 21202

Toll-free 877-804-NACA (6222)

www.connectionsacademy.com/national

nacaadvisor@connectionsacademy.com