

# **FITNESS** **FOR** **LIFE**

## Prepare students for lifelong activity, fitness, and wellness

Now available as a comprehensive K-12 program



**HUMAN KINETICS**

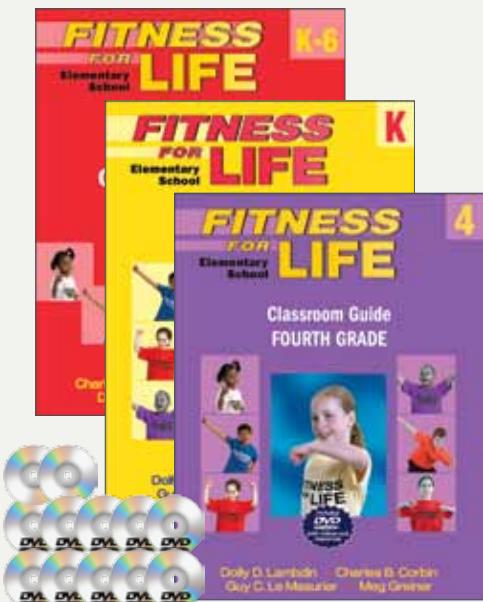
*The Information Leader in Physical Activity & Health*

## About the *Fitness for Life* program

*Fitness for Life* is a comprehensive K-12 program designed to help students take responsibility for their own activity, fitness, and health and to prepare them to be physically active and healthy throughout their adult lives. This standards-based program has been carefully articulated following a pedagogically sound scope and sequence to enhance student learning and progress.

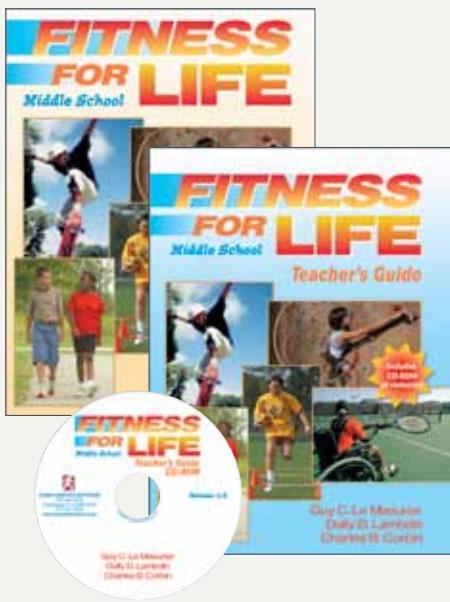
The program includes three sets of coordinated resources:

- A K-6 nutrition, physical activity, and wellness program
- A personal fitness text for middle school students
- The nation's first personal fitness textbook for high school students, now in its updated fifth edition



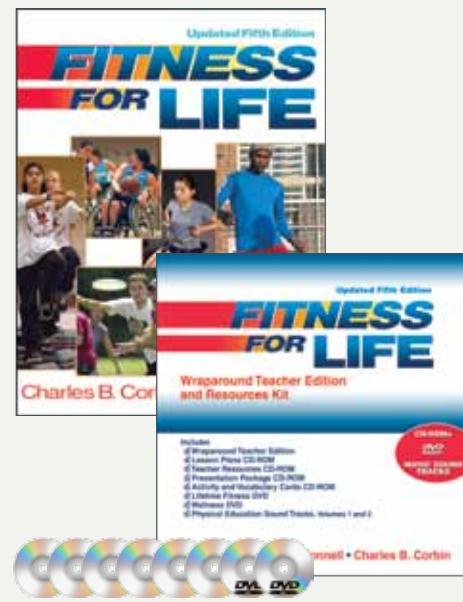
The K-6 program, *Fitness for Life: Elementary School*, is an innovative multimedia program. It facilitates total school involvement by using physical education lessons, classroom activities and discussions, recess, before- and afterschool activities, and even family nights to deliver appropriate physical activity, and teaches concepts to promote health-related fitness and active lifestyles. The program features

- 9 books
- 10 bound-in DVDs
- 1 CD-ROM
- 1 music CD



The *Fitness for Life: Middle School* text sets the stage for the high school text by continuing to instill knowledge about the benefits of a healthy, active lifestyle. The book emphasizes the importance of physical activity for all, while exposing students to a variety of activities in the Physical Activity Pyramid. The program includes a

- student text
- teacher's guide
- bound-in CD-ROM



The high school text, *Fitness for Life, Updated Fifth Edition*, offers more detailed fitness and wellness concepts and focuses on self-management skills for healthy lifestyle change. Students learn to select the physical activities they enjoy and develop individualized lifetime physical activity and wellness plans that put them on the path to lifelong fitness and health. The program includes

- a student text
- a wraparound teacher's edition
- 4 CD-ROMs
- 2 DVDs
- 2 music CDs

## ***Fitness for Life* is an evidence-based curriculum**

*Fitness for Life* is pedagogically sound, built on National Association for Sport and Physical Education (NASPE) standards as well as standards for other subjects. It's also an evidence-based curriculum. Research shows that personal fitness classes that teach self-management skills promote lifetime activity:

- Wallhead, T.L., & Buckworth, J. (2004). The role of physical education in the promotion of youth physical activity. *Quest*. 56(3), 285-301.
- Dale, D.L., & Corbin, C.B. (2000). Physical activity participation of high school graduates following exposure to conceptual or traditional physical education. *Research Quarterly for Exercise and Sport*, 71, (1)61-68.
- Dale, D.L., Corbin, C.B., & Cuddihy, T. (1998). Can conceptual physical education promote physically active lifestyles? *Pediatric Exercise Science*. 10(2), 97-109

# Key features of the *Fitness for Life* program

- Highly respected author teams
- Content that meets national and state educational standards
- Texty award winning student texts
- Careful integration with other subject areas
- Content that's perfectly coordinated between elementary, middle school, and high school
- A focus on lifelong physical activity and fitness
- Thorough coverage of important concepts and self-management skills
- An emphasis on diversity and social responsibility
- Comprehensive lesson plans and easy-to-use multimedia teacher resources

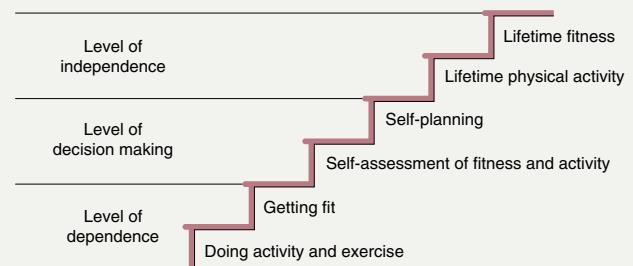


## Philosophy of *Fitness for Life*

*Fitness for Life* is based on the HELP philosophy. This philosophy teaches the value and benefits of lifelong physical activity as well as the idea that physical activity can and should be fun—making students more likely to become and remain active throughout their lives.

**H**Health for  
**E**veryone with an emphasis on  
**L**ifetime activity designed to meet  
**P**ersonal Needs

The Stairway to Lifetime Fitness is also used to show the importance of learning decision making and problem solving skills that promote independence (ability to plan and use a lifetime activity program).



*Stairway to Lifetime Fitness.*

## About the authors

**Charles B. "Chuck" Corbin, PhD**, is a professor emeritus in the department of exercise and wellness at Arizona State University. He has published more than 200 journal articles and written or contributed to more than 80 books. Dr. Corbin is internationally recognized as an expert in physical activity, health and wellness promotion, and youth physical fitness. He has presented keynote addresses at more than 40 state AHPERD conventions, made major addresses in more than 15 countries, and presented numerous named lectures. He is a member of the Fitnessgram Scientific Advisory Board and was the first chair of the science board of the PCPFS and the NASPE Hall of Fame. In 2009 Dr. Corbin was chosen for the Gulick Award, the highest award of AAHPERD.

**Guy Le Masurier, PhD**, is a professor of physical education at Vancouver Island University, where he teaches courses in pedagogy, research methods, and nutrition for health and sport. He has published numerous articles related to youth physical activity and physical education and served as a coauthor on the *NASPE Physical Activity Guidelines for Children*. Dr. Le Masurier has delivered more than 30 research and professional presentations at national and regional meetings. He currently serves as the Epidemiology section editor for *Research Quarterly for Exercise and Sport* as well as the Health Foundations section editor for the *International Journal of Physical Education*.

**Dolly D. Lambdin, EdD**, is a senior lecturer in the department of kinesiology and health education at the University of Texas at Austin. She taught elementary physical education in public and private schools for 16 years and taught preservice teachers for 33 years at the university level. Dr. Lambdin has served as the president of NASPE (2004-05) and on the NASPE board of directors for two three-year terms. Dr. Lambdin has been honored as the Texas AHPERD Outstanding College and University Physical Educator of the Year.

**Meg Greiner, MEd**, is a national board-certified elementary physical education teacher at Independence Elementary School in Independence, Oregon. She has been teaching elementary physical education for 21 years and regularly receives student teachers and practicum students into her setting. Meg has received numerous national awards and accolades for her innovative physical education program and the development of TEAM Time.

**Ruth Lindsey, PhD**, was a professor emeritus at California State University at Long Beach and a recognized leader in physical activity and fitness. Dr. Lindsey passed away in 2005.

For more information on the authors, go to the Author/Editorial Board section of the Web site, [www.FitnessforLife.org](http://www.FitnessforLife.org).



## Everything you need to implement a coordinated nutrition, physical activity, and wellness program

The *Fitness for Life: Elementary School* program enables you to do the following:

- Teach essential health-related fitness, activity, nutrition, and wellness concepts
- Meet local and state requirements for daily and weekly physical activity
- Implement wellness in the curriculum
- Implement easy-to-follow standards-based lessons
- Enhance academic performance and help fight childhood obesity
- Coordinate efforts with nonschool personnel, including before- and afterschool program leaders and parents
- Meet recommendations and standards from CDC, USDA, and NASPE, among others

## Components of *Fitness for Life: Elementary School*

Once every nine weeks the entire school conducts a **Wellness Week** (four each year) to focus extra attention on nutrition and physical activity. Following are the major features of each Wellness Week:

- **Classroom activity breaks** using teacher-friendly DVD videos and lesson plans
- **Schoolwide nutrition events** that also involve the participation of the school cafeteria
- **Wellness Week physical education** lesson plans and activities
- **School signs** promoting wellness, which can be posted throughout the school (printable from the DVD-ROM or CD-ROM in each book)
- **Educational messages** about wellness, physical activity, and good nutrition within the physical activity routines on the DVD
- **Schoolwide special events**
  - Get Fit Fridays—schoolwide physical activities
  - Eat Well Wednesdays—schoolwide nutrition activities
  - Other schoolwide celebrations
- **Newsletters** to help families get involved in Wellness Week

During each Wellness Week, physical education classes and classroom daily activity breaks focus on the same nutrition and physical activity theme.

Signage around the school, special schoolwide activities, and newsletters all work together to reinforce the week's theme and messages. And the *Fitness for Life: Elementary School* Web site ([FitnessforLife.org/Elementary](http://FitnessforLife.org/Elementary)) provides supplemental information to help students and families learn wellness concepts.



## Wellness Weeks

The *Fitness for Life: Elementary School* program is built around four Wellness Weeks, each highlighting a different physical activity theme and nutrition theme. All classroom, physical education, and schoolwide components of the program support and reinforce the weekly themes. Each week can be implemented once per quarter, or the lessons could be spread throughout the school year. Plans for each Wellness Week include an Eat Well Wednesday and a Get Fit Friday. On **Eat Well Wednesday**, classroom and physical education activities emphasize good nutrition habits that can be applied in the cafeteria or at home. **Get Fit Fridays** focus on active playgrounds and a TEAM Time (Together Everyone Achieves More) schoolwide activity.

Continued on next page

## Classroom Teachers

The program includes a *Fitness for Life: Elementary School* classroom guide for each K-6 grade level. **Each classroom guide includes a book and DVD-ROM** that features the following:

- Plug-and-play video routines for morning physical activity breaks with wellness messages embedded in the routines
- Instructional video that shows how to present the video activities
- Afternoon activity breaks that promote learning in the classroom
- Lesson plans for conducting morning and afternoon activity breaks
- General signs to promote overall wellness
- Specific signs to promote the themes and messages of each Wellness Week
- Classroom worksheets, including colorable materials for younger grades (K-2)
- Newsletters

Each classroom physical activity break takes only a few minutes and can easily be incorporated into the school day. The breaks require no equipment and can be performed in the space next to the students' desks.



View more sample content at  
[FitnessforLife.org/Elementary/Samples](http://FitnessforLife.org/Elementary/Samples)



**FITNESS FOR LIFE**  
Elementary School  
Classroom Guide  
KINDERGARTEN

Dolly D. Lambdin • Charles B. Corbin  
Guy C. Le Meurier • Meg Grisner



**FITNESS FOR LIFE**  
Elementary School  
Physical Education LESSON PLANS

Guy C. Le Meurier • Charles B. Corbin  
Meg Grisner • Dolly D. Lambdin

## Physical education instructors

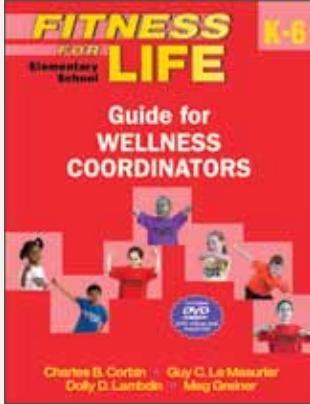
This comprehensive program also includes a multimedia package for physical educators to enable them to coordinate their efforts with those of the classroom teachers. The ***Fitness for Life: Elementary School Physical Education Lesson Plans*** book comes with two DVDs, a resources CD-ROM, and a music CD and offers the following:

- Lesson plans (standards-based) for preparing for Wellness Weeks and Wellness Week Activities
- Activity and task cards for use in physical education lessons
- Music with silent intervals for use with station activities
- Worksheets for use in physical education lessons
- Complete collection of the plug-and-play videos included in the classroom guides, featuring physical activity routines with wellness messages for grades K-6
- Instructional videos that show how to present the video activities
- Signs with activity and nutrition messages
- Newsletters
- Fitness testing activities (based on the nationally used Fitnessgram®)



View more sample content at  
[FitnessforLife.org/Elementary/Samples](http://FitnessforLife.org/Elementary/Samples)

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## Wellness coordinators

Each school chooses a wellness coordinator (perhaps the physical education teacher, a classroom teacher, or another staff member) to help manage the program. The *Fitness for Life: Elementary School Guide for Wellness Coordinators* includes all the information the coordinator will need to implement the school wellness program successfully. ***The Guide for Wellness Coordinators and accompanying DVD*** include:

- Plans for conducting schoolwide Wellness Week activities
- Video for conducting special TEAM Time (Together Everyone Achieves More) activities on Get Fit Friday each Wellness Week
- Eat Well Wednesday activities coordinated with the cafeteria
- Schoolwide signs
- Cafeteria signs
- Active playground signs
- Program overview for teacher training (PowerPoint slides and video interview with coauthor Chuck Corbin)
- Wellness Week assessments
- Newsletters

**View clips online**

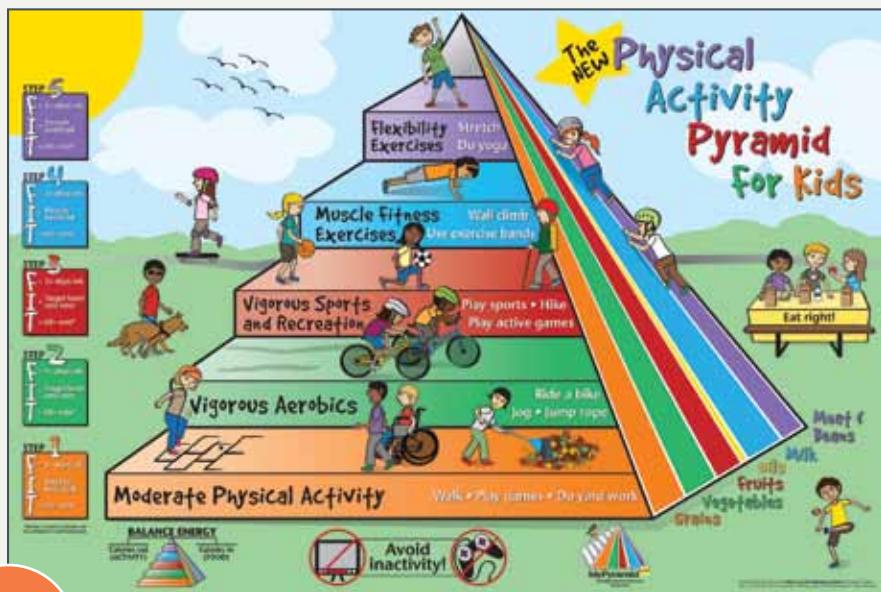


View more sample content at  
[FitnessforLife.org/Elementary/Samples](http://FitnessforLife.org/Elementary/Samples)

*The New Physical Activity Pyramid for Kids* poster now includes physical activity and nutrition information so it is easy to understand energy balance at a glance. This bright, colorful, and informative poster serves as a reminder to children and young adults of the need for an appropriate mix of various types of physical activity as well as good nutrition to achieve good health. Developed by Chuck Corbin, this poster is an excellent tool for the *Fitness for Life*, *Physical Best*, and *Fitnessgram* programs.

Put *The New Fitness for Life Physical Activity for Kids* poster on the wall of your elementary school gym, multipurpose room, cafeteria, hallway, or weight room to give your students an overview of a healthy, active lifestyle combined with good nutrition. With this poster, kids will learn suggested frequency, intensity, and time for each type of physical activity and the appropriate mix of healthy foods.

**NEW!**

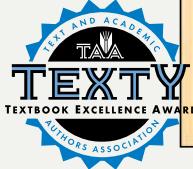


The New Physical Activity Pyramid for Kids  
2010 • 978-0-7360-9152-7 • 3' x 2'  
\$19.00 (\$21.95 CDN)

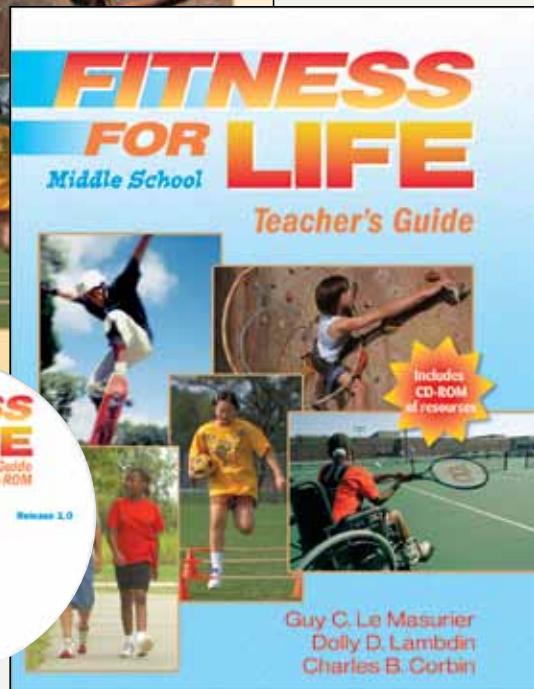
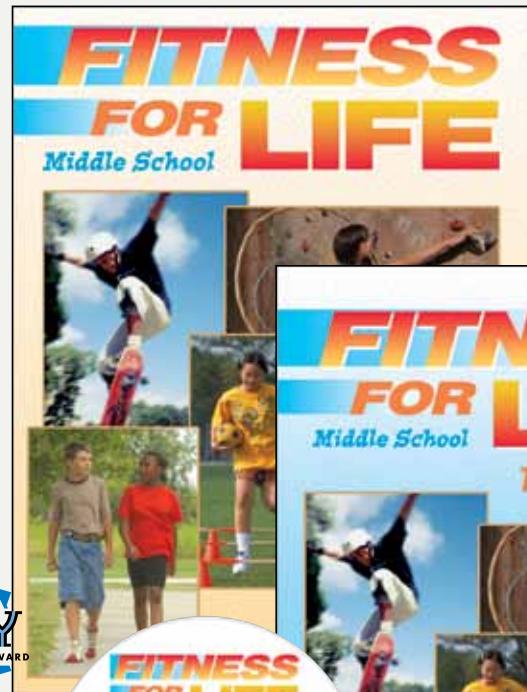
## Prepare students to be physically active throughout their lives

Students who use *Fitness for Life: Middle School* will

- learn about body composition and nutrition, aerobics, sports, recreation, flexibility, and muscle fitness, all with a focus on planning for active living;
- assess their own fitness levels and develop plans for improvement using short- and long-term goals;
- develop skills that help them build self-esteem, communicate effectively, deal with peer pressure, and handle other social concerns; and
- learn how their bodies work so they can move more effectively and efficiently.



View chapter excerpts and ancillary samples at [FitnessforLife.org/MiddleSchool/Samples](http://FitnessforLife.org/MiddleSchool/Samples)



## Components of *Fitness for Life: Middle School*

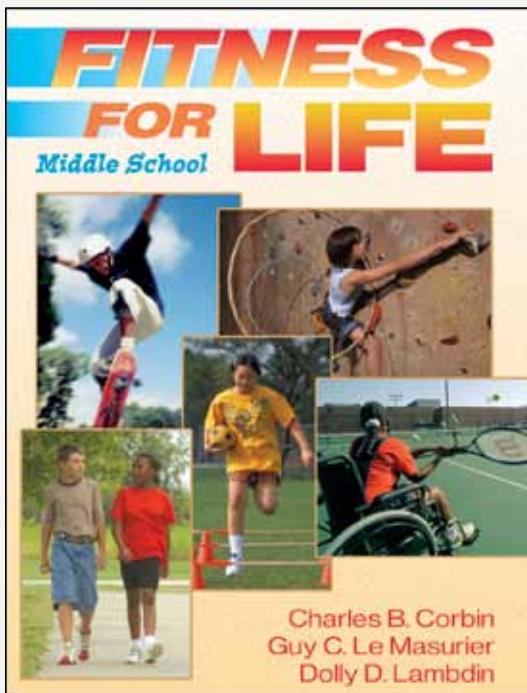
The *Fitness for Life: Middle School* program includes these integrated resources:

- The nation's first **personal fitness textbook for middle school students** includes special features on understanding biomechanical principles and learning positive methods of dealing with challenging social issues.
- A **companion Teacher's Guide** contains detailed classroom and activity lesson plans, as well as teaching strategies and frameworks, flexible scheduling options, and ideas for skill-based activity units.
- A **CD-ROM** (bound into the Teacher's Guide) of materials support the lesson plans, including student worksheets, classroom resources, rubrics, quizzes, and answer keys.
- The *Fitness for Life: Middle School* Web site ([FitnessforLife.org/MiddleSchool](http://FitnessforLife.org/MiddleSchool)) contains additional resources for teachers and students.

The *Fitness for Life: Middle School* program was developed using the NASPE standards for physical education and is fully integrated with Physical Best and Fitnessgram®. It also prepares middle school students for advanced study at the high school level as part of the overall *Fitness for Life* program.

*Fitness for Life: Middle School* is designed to be flexible enough to fit any schedule, including block and accelerated block. And it can be taught as a semester or year-long course with any configuration of days in the classroom or gym.

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## Fitness for Life: Middle School

2007 • Hardback • 144 pp  
ISBN 978-0-7360-6511-5 • \$25.00

Every chapter of *Fitness for Life: Middle School* includes the following elements:

- Two **classroom lessons** per chapter.
- **Moving Together highlights** social diversity (NASPE standard 5) by presenting a scenario, posing questions for discussion, and offering guidelines for dealing with that issue. Topics include effective communication, peer pressure, and other social issues.
- **Take It Home** reinforces the concepts learned in the text, including those in the **Moving Together** section, and provides students with opportunities to explore and engage in physical activity outside of class—at their school, in their neighborhood, and in their community.
- **Biomechanical Principles** discusses basic biomechanical principles, encourages students to apply the principles in a variety of movement settings, and suggests ways to explore the principles through physical activity.
- **Web Icons** lead students to vocabulary and supplementary materials on the text's Web site, [FitnessforLife.org/MiddleSchool](http://FitnessforLife.org/MiddleSchool).
- **Chapter Review**.

View chapter excerpt and ancillary samples at  
[FitnessforLife.org/MiddleSchool](http://FitnessforLife.org/MiddleSchool)

## Contents

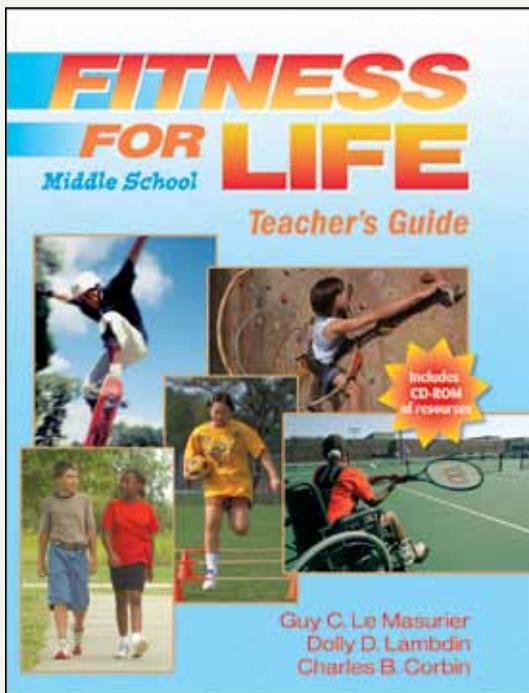
- Unit I. Fitness and Activity for All**  
**Chapter 1.** Introduction to Physical Activity and Fitness  
**Chapter 2.** Learning Skills for Enjoying Physical Activity  
**Chapter 3.** Lifestyle Physical Activity

- Unit II. Aerobics, Sports, Recreation, and Flexibility Exercises**  
**Chapter 4.** Active Aerobics  
**Chapter 5.** Active Sports and Recreation  
**Chapter 6.** Flexibility Activities

- Unit III. Muscle Fitness, Body Composition, and Planning**  
**Chapter 7.** Muscle Fitness Exercises  
**Chapter 8.** Body Composition, Physical Activity, and Nutrition  
**Chapter 9.** Planning for Physical Activity

To view samples visit [FitnessforLife.org/MiddleSchool/Samples](http://FitnessforLife.org/MiddleSchool/Samples)

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## Fitness for Life: Middle School Teachers Guide

2007 • Paperback with CD-ROM • 288 pp  
ISBN 978-0-7360-6828-4 • \$143.00



The *Fitness for Life Middle School Teacher's Guide* includes 45 basic lesson plans—five plans for each of the nine chapters of the student text. Each chapter contains two lesson plans for the classroom portion of the class and three activity plans that supplement and reinforce the classroom content. Forty-five supplemental physical activities are also available in the *Teacher's Guide*. Because *Fitness for Life* is flexible, it can work with almost any schedule.

The *Teacher's Guide* also addresses

- NASPE standards,
- assessment rubrics,
- organizational protocols,
- options for scheduling,
- suggestions for incorporating other skill-based activity units into the lesson, and
- instructions for using the other resources on the CD-ROM and Web site.

## Teacher's Guide includes CD-ROM with even more resources and content

The bound-in CD-ROM provides five lesson plans for each chapter: two lesson plans for the classroom sessions and three activity plans that supplement and reinforce the classroom content.

Most plans are presented in four steps:

1. Gathering Information (for classroom lessons), or Instant Activity (for activity lessons)
2. Lesson Launcher
3. Lesson Focus
4. Reflection and Summary

The lesson plans feature these elements:

- Objectives
- Performance outcomes related to NASPE standards
- Activity resources
- Student worksheets for use in class or as take-home assignments
- Review quizzes and answer keys
- Assessment rubrics
- Other reproducibles

**LESSON PLAN 1.1 Introduction to Physical Activity**

In this classroom lesson, students will become familiar with the Physical Activity Pyramid and have an opportunity to practice physical activity. They will complete using the "Moving Together" and "Take It Home" features from the textbook for the first time. Students will begin to identify the range of physical activities in which they currently participate, and they'll identify new physical activities that they can try.

**Performance Outcomes Related to NASPE Standards**

- » Standard 2
  - Have an increasing awareness of the opportunities for participation in a broad range of activities that may meet their needs and interests.
  - Standard 3
    - Have well-developed cooperative skills appropriate to accomplish group or team goals in creative activities.

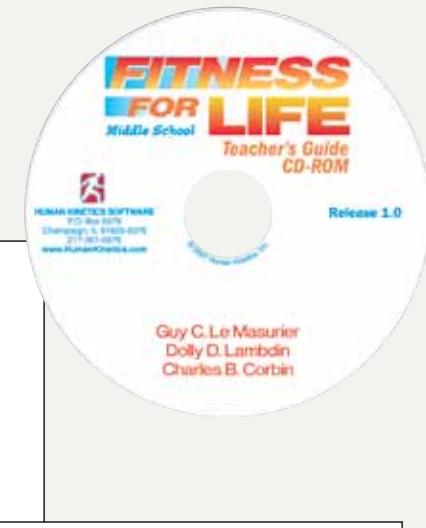
**Lesson Objectives**

- » Students will describe why they need physical activity.
- » Students will appropriately identify activities within the Physical Activity Pyramid.
- » Students will identify and demonstrate effective communication techniques.

**Equipment**

- » 1 Fitness for Life: Middle School student textbook per student
- » 3 sticky notes per student (3" x 3"inch [8.6 x 8 centimeter])
- » 1 pencil or marker per pair of students
- » Chalkboard or flip chart (optional)

44 Fitness for Life: Middle School Teacher's Guide



**Reproducibles**

- » Resource 1.1, "Physical Activity Pyramid Headings,"
- » Worksheet 1.1, "Physical Activity Pyramid,"
- » Classroom Quotes

**Classroom Quotes**

You can print these quotes from the CD-ROM and hang them around your room.

- » "After dinner, rest a while; after supper, walk a mile."—Arabic proverb
- » "It is remarkable how one's wits are sharpened by physical exercise."—Pliny the Younger (ancient Roman philosopher)
- » "Walking is the best possible exercise."—Thomas Jefferson (U.S. president)
- » "A bear, however hard he tries, grows fussy without exercise."—A.A. Milne (author of *Winnie the Pooh*)

**Setup**

- 1. Print resource 1.1, the six "Physical Activity Pyramid Headings," from the CD-ROM and hang them on the wall, chalkboard, or flip chart in the shape of a large pyramid.
- 2. Print worksheet 1.1, "Physical Activity Pyramid," from the CD-ROM. Make one copy for each student.

**Teach**

Print or have your students find video clips of several types of physical activities (such as swimming, running, cycling, soccer, basketball, tennis, etc.). Play the clips to launch your lesson.

**Deliver the Lesson**

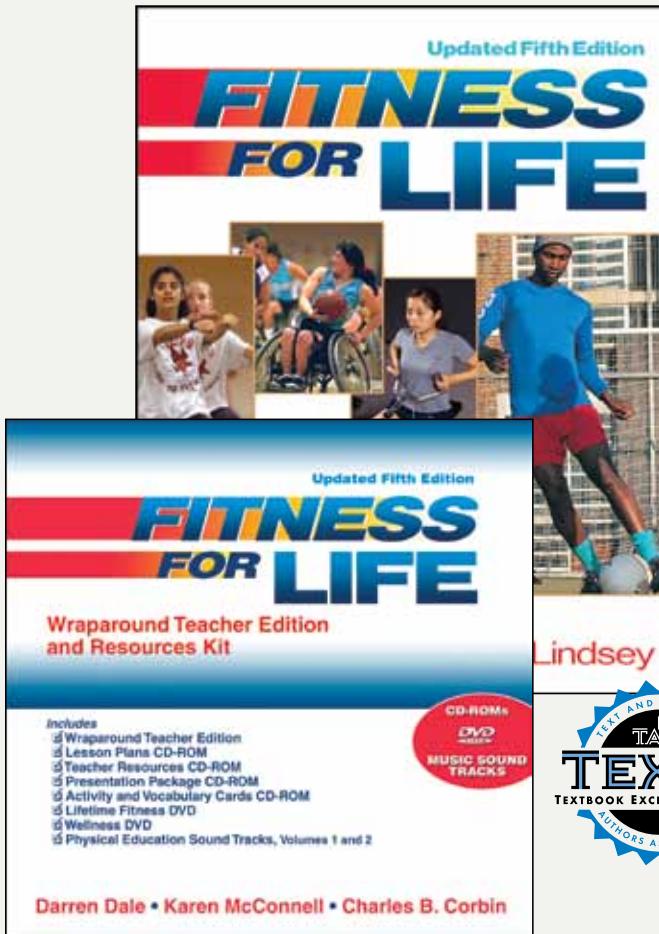
The basic plan for delivering the *Fitness for Life: Middle School* program includes five lesson plans to cover the content for each chapter. This lesson begins the five-lesson sequence that corresponds to chapter 1 in the student textbook.

**Review**

Pages 20 to 29 provide organizational lesson ideas that focus on management issues such as seating arrangements, transitions, and time management. These pages also include learning cross-lessons, and having students to get to know each other. Proper organization of these elements is essential for a successful class experience. Make sure you implement these ideas in your classroom.

To view more samples visit [FitnessforLife.org/HighSchool/Samples](http://FitnessforLife.org/HighSchool/Samples)

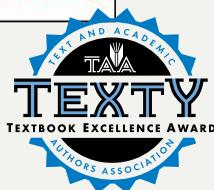
To order call 1-800-747-4457 or e-mail [K12sales@hkusa.com](mailto:K12sales@hkusa.com)



## Award-winning text sets the standard for teaching personal fitness

*Fitness for Life, Updated Fifth Edition*, helps students to

- meet national, state, and local physical education grade-level standards;
- become informed consumers on matters related to lifelong physical activity and fitness;
- learn self-management skills that lead to adopting healthy lifestyles;
- take personal responsibility for program planning and setting individualized goals;
- recognize and overcome the barriers to reaching their activity and fitness goals;
- use technology to promote healthy living and to separate fact from fiction; and
- assess personal progress using a variety of tools, including the nationally used Fitnessgram®.



## Components of *Fitness for Life*

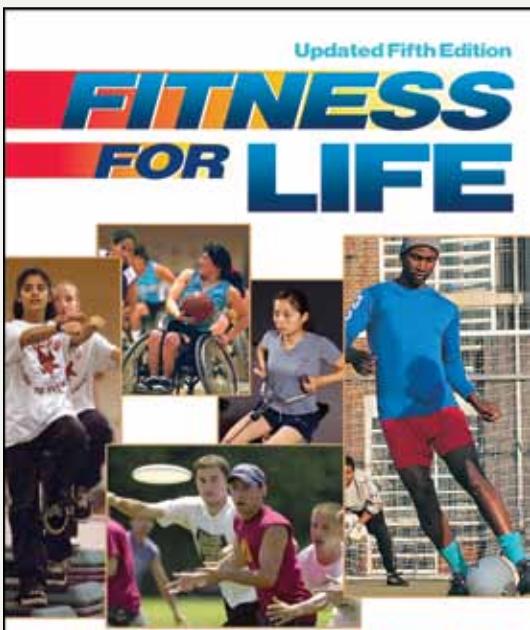
The *Fitness for Life* program for high school students offers a wealth of resources for students and teachers:

- The Texty Award-winning **student text** is the original and best-selling high school text for promoting lifelong physical activity and healthy lifestyles that result in lifelong fitness, wellness, and health.
- The **Teacher's Edition and Resources Kit** includes a wraparound view of lesson plans and the student text, teacher resources and materials in print and on CD-ROM, Activity and Vocabulary cards on CD-ROM, a Presentation Package on CD-ROM, Wellness and Lifetime Fitness DVDs, two audio CDs with exercise and interval music, and more.
- The **in-service DVD** is useful for presenting your program's objectives to parents and administrators.
- The **Spanish e-book on CD-ROM and online Spanish vocabulary** helps ensure that everyone can learn the material.
- The **FitnessforLife.org Web site** offers additional resources (including a test bank and online study guide) for students and teachers.

For detailed information on all these resources, visit [FitnessforLife.org/HighSchool](http://FitnessforLife.org/HighSchool) or contact your K-12 sales representative.



Continued on next page



## Fitness for Life, Updated Fifth Edition

2007 • Hardback • 336 pp  
ISBN 978-0-7360-6675-4 • \$36.00

Every chapter of the updated student text includes the following elements:

- Two **lessons** designed for the classroom portion of the class.
- Two **activities** designed for use in the activity portion of the class.
- **Self-Assessments** that help students build a fitness profile and use it in program planning.
- A **Taking Charge** section designed to build **Self-Management Skills** that promote healthy lifestyle changes.
- **Physical Activities** that can be used for a lifetime.
- **Web Icons** throughout the book that lead students to vocabulary and supplementary materials on the text's Web site, [www.FitnessforLife.org/HighSchool](http://www.FitnessforLife.org/HighSchool).
- **Chapter Review.**

*Fitness for Life* can be modified to fit any schedule, including block and accelerated block. And it can be taught as a semester or year-long course with any configuration of days in the classroom or gym.

View chapter excerpts and ancillary samples at  
[FitnessforLife.org/HighSchool](http://FitnessforLife.org/HighSchool).

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### Unit III. Physical Activity Pyramid: Level 2 Activities

- Chapter 7.** Cardiovascular Fitness  
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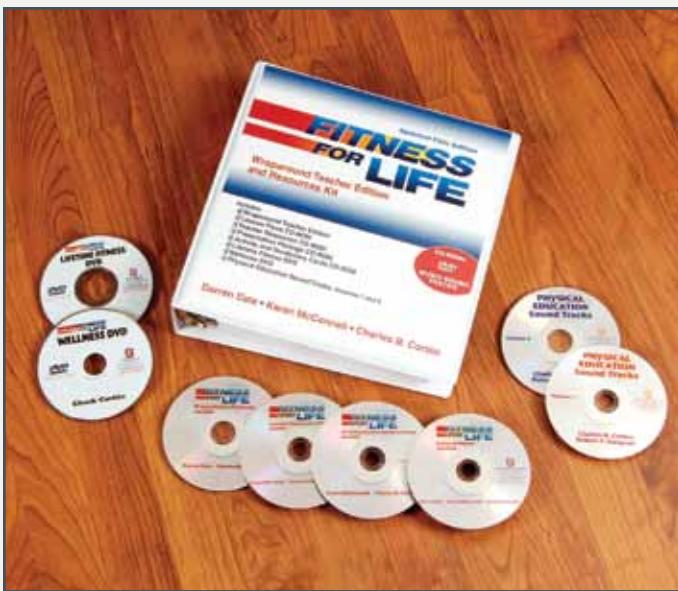
### Unit VI. Wellness and Personal Program Planning

- Chapter 16.** A Wellness Perspective  
**Chapter 17.** Stress Management  
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To view samples visit [FitnessforLife.org/HighSchool/Samples](http://FitnessforLife.org/HighSchool/Samples)

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To order call 1-800-747-4457 or e-mail [K12sales@hkusa.com](mailto:K12sales@hkusa.com)



## ***Fitness for Life Wraparound Teacher Edition and Resources Kit, Updated Fifth Edition***

2007 • ISBN 978-0-7360-6864-2

\$299.00

The *Fitness for Life Wraparound Teacher Edition and Resources Kit* combines all of the *Fitness for Life* ancillaries necessary for teaching the course into one easy-to-use package. Created in the wraparound format, it displays the lesson plans and thumbnails of the ancillary materials wrapped around a smaller view of the student text. Not only does it clearly show teachers when and how to work in the other ancillary materials, it provides step-by-step guidance on how to deliver each lesson.

Within the wraparound format, you'll find thumbnail versions of worksheets and activity and vocabulary cards. The worksheets and other materials in hard copy are also safely stored on CD-ROMs so that everything that's intended to be copied and used with students is available when you need to print out a fresh copy. The *Wraparound Teacher Edition and Resources Kit* also includes course philosophy, objectives, how to organize the course, and suggested teaching strategies for using *Fitness for Life* to enhance student skills in core curriculum areas like reading and math.

## **Included in the Wraparound Teacher Edition and Resources Kit:**

- *Fitness for Life Lesson Plans CD-ROM*
- *Fitness for Life Teacher Resources and Materials CD-ROM*
- *Fitness for Life Activity and Vocabulary Cards CD-ROM*
- *Fitness for Life Presentation Package CD-ROM*
- *Physical Education Soundtracks Package*  
(includes volume 1 & 2 on two CD-ROMs)
- *Fitness for Life DVD: Lifetime Fitness*
- *Fitness for Life DVD: Wellness*

**Bench Press**

**Activity 11.1 Fundamentals of Weight and Resistance Training**

**120**

**Hamstring Curl**

**Activity 11.2 Fundamentals of Weight and Resistance Training**

**123**

**Bench Press**

**Activity 11.1 Fundamentals of Weight and Resistance Training**

**120**

**Hamstring Curl**

**Activity 11.2 Fundamentals of Weight and Resistance Training**

**123**

**DETERMINING YOUR MODIFIED 1RM AND GRIP STRENGTH**

**Activity 11.1 Fundamentals of Weight and Resistance Training**

**120**

**Part 1: Estimating Your 1RM**

Exercise	Weight	Repetitions	Estimated 1RM	Estimated 1RM Rating
Deadlift	100	10	100	100

**Part 2: Grip Strength**

Hand weight	Hand weight	Date	Date
100% hand weight	100% hand weight	100%	100%
80% hand weight	80% hand weight	80%	80%
60% hand weight	60% hand weight	60%	60%
40% hand weight	40% hand weight	40%	40%
20% hand weight	20% hand weight	20%	20%
10% hand weight	10% hand weight	10%	10%
5% hand weight	5% hand weight	5%	5%
3% hand weight	3% hand weight	3%	3%
1% hand weight	1% hand weight	1%	1%

**Determining Your Modified 1RM and Grip Strength**

**Activity 11.1 Fundamentals of Weight and Resistance Training**

**120**

**Part 1: Estimating Your 1RM**

Exercise	Weight	Repetitions	Estimated 1RM	Estimated 1RM Rating
Deadlift	100	10	100	100

**Part 2: Grip Strength**

Hand weight	Hand weight	Date	Date
100% hand weight	100% hand weight	100%	100%
80% hand weight	80% hand weight	80%	80%
60% hand weight	60% hand weight	60%	60%
40% hand weight	40% hand weight	40%	40%
20% hand weight	20% hand weight	20%	20%
10% hand weight	10% hand weight	10%	10%
5% hand weight	5% hand weight	5%	5%
3% hand weight	3% hand weight	3%	3%
1% hand weight	1% hand weight	1%	1%

**Activity 11.1 Partner Resistance Exercises**

**Lesson Objectives**

**11**

**Muscle Fitness: Basic Principles and Strength**

**Lesson 11.1 Muscle Fitness Basics**

**Activity 11.1 Partner Resistance Exercises**

**Lesson Objectives**

**11**

**Muscle Fitness: Basic Principles and Strength**

**Lesson 11.1 Muscle Fitness Basics**

**Lesson 11.1: Muscle Fitness Basics**

**Question**

**Lesson 11.1: Muscle Fitness Basics**

**Answer**

Reps – the number of lifts in a set.  
Sets – one set is a group of repetitions (e.g., lifting 2 sets of 15 repetitions).

To view samples visit [FitnessforLife.org/HighSchool/Samples](http://FitnessforLife.org/HighSchool/Samples)

## Additional resources and learning opportunities for everyone in the program at FitnessforLife.org

### Elementary School

Coordinators and teachers can use the resources to enhance the program and their knowledge. The site also includes kid-friendly links to physical activity, nutrition, and general wellness information and resources. Parents will be able to learn more about physical activity guidelines, fitness testing, and how the program works. The Web site will also offer the following:

- Links for students that are organized by grade level: K-2, 3-5, and 6
- Answers to frequently asked questions
- Information about the authors and contributors
- An explanation of how the *Fitness for Life* program works with Fitnessgram®

### Middle School

Includes test package for teachers, additional activities, and links to resources that support learning. The middle school text's companion Web site also provides a wealth of additional student content:

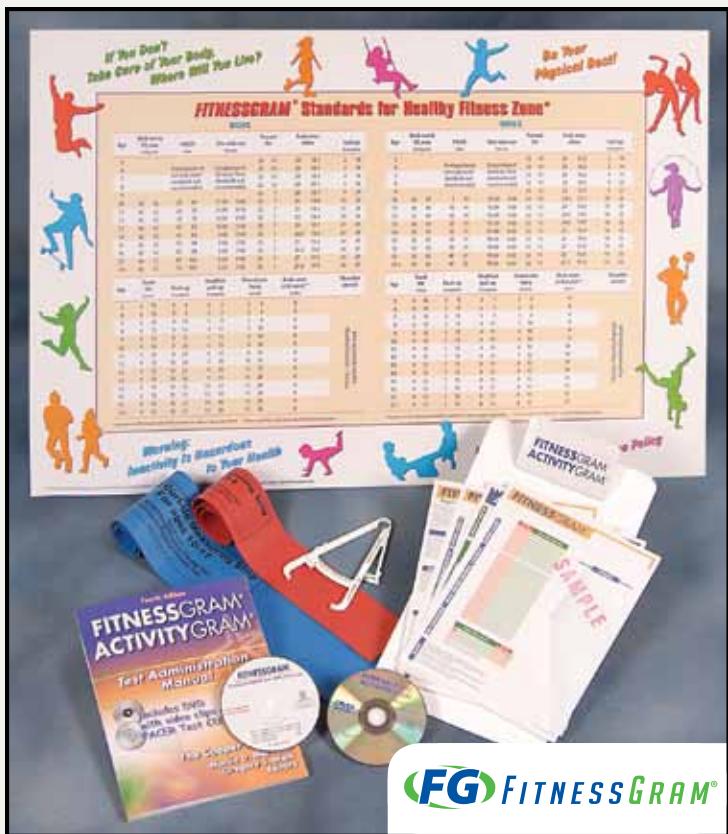
- Lesson vocabulary in English and Spanish
- Extended discussion of selected topics from the student textbook
- Links to other sites and interactive features, such as calorie counters and BMI calculators
- Two educational computer presentation programs developed exclusively for *Fitness for Life: Middle School* in which students answer questions and participate in teacher-directed activities

### High School

The student text uses icons throughout to direct students to the Web site for more information. Additional content updates will continue to be added to the Web site as new information on health and wellness emerges. The Web site also includes the two newest ancillaries:

- Online study guide for supplementing the regular coursework
- Test bank to quickly and easily create exams from more than 500 multiple-choice, essay, and matching questions.

## Related Programs



### ***Fitness for Life* supports Fitnessgram®**

The self-assessments found in the *Fitness for Life* student text include all of the Fitnessgram test components.

Fitnessgram 9, the web-based version, offers a host of new benefits for school systems of all sizes, from statewide to single schools:

- Web-based data collection system means that no client installations are required
- Teachers can access data from home or anywhere that has an Internet connection
- Email Fitnessgram reports to students and parents
- Mandate test items for teachers, eliminating confusion and standardizing test items district-wide
- Import test scores from other sources
- Identify and record students who are exempt from taking one or more test items due to disability or injury
- Instructional technology staff can import relevant student information along with teacher and class relationships
- The Cooper Institute offers web hosting alternatives for districts that are unable to host their own data

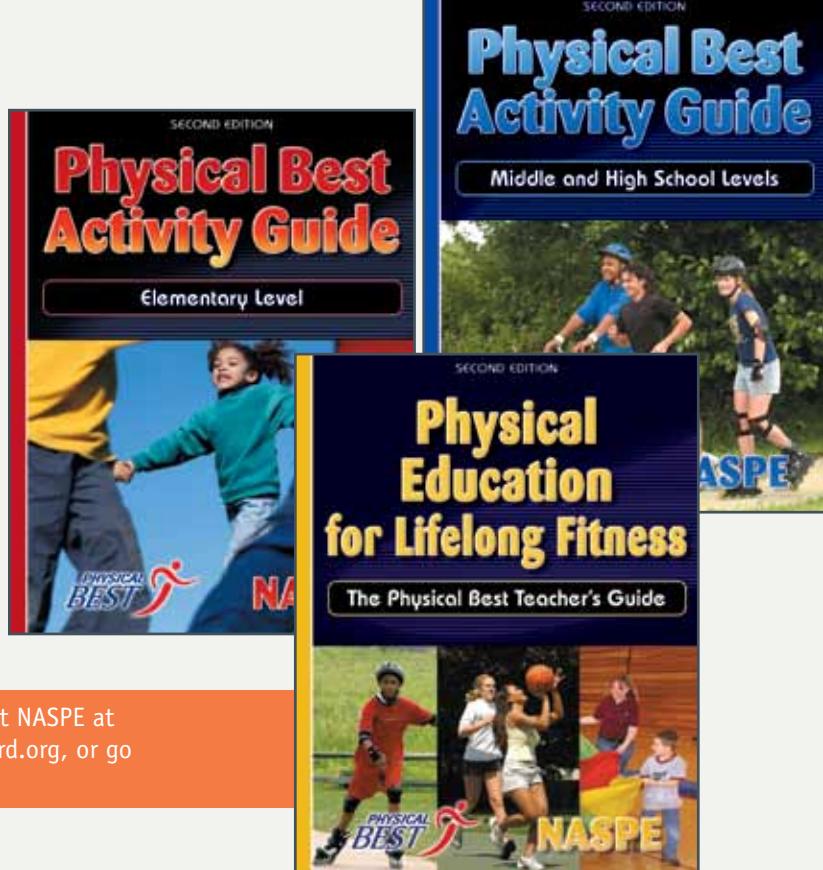
For more information about Fitnessgram, visit [Fitnessgram.net](http://Fitnessgram.net) or contact your K-12 sales representative.

### **...and Physical Best**

*Fitness for Life* is also fully compatible with Physical Best resources. A program of NASPE, the Physical Best series provides the material you need to successfully implement a health-related fitness education program, from curriculum development to health-related fitness activities and more.

### **In-Service training available through NASPE**

NASPE's Physical Best instructors conduct workshops that lead to certification as a Physical Best Health Fitness Instructor or Health Fitness Specialist. NASPE also conducts in-service training workshops about how to implement *Fitness for Life* and Fitnessgram.



For more information on training opportunities, contact NASPE at 1-800-213-7193, ext. 489, e-mail [physicalbest@aahperd.org](mailto:physicalbest@aahperd.org), or go to [www.aahperd.org/naspe/physicalbest](http://www.aahperd.org/naspe/physicalbest).

# Ordering Information

For more information or to request sample materials, visit the Web site at [www.FitnessforLife.org](http://www.FitnessforLife.org),  
or contact your K-12 sales representative.

1-800-747-4457 or e-mail [k12sales@hkusa.com](mailto:k12sales@hkusa.com) • To place a purchase order by fax: 217-351-1549 • [www.FitnessforLife.org](http://www.FitnessforLife.org)

## ***Fitness for Life: Elementary School***

Item	ISBN	Price
Fitness for Life: Elementary School Program Package	978-0-7360-8387-4	\$599
Fitness for Life: Elementary School Classroom Guide Kindergarten	978-0-7360-8600-4	\$49
Fitness for Life: Elementary School Classroom Guide First Grade	978-0-7360-8601-1	\$49
Fitness for Life: Elementary School Classroom Guide Second Grade	978-0-7360-8602-8	\$49
Fitness for Life: Elementary School Classroom Guide Third Grade	978-0-7360-8603-5	\$49
Fitness for Life: Elementary School Classroom Guide Fourth Grade	978-0-7360-8604-2	\$49
Fitness for Life: Elementary School Classroom Guide Fifth Grade	978-0-7360-8605-9	\$49
Fitness for Life: Elementary School Classroom Guide Sixth Grade	978-0-7360-8606-6	\$49
Fitness for Life: Elementary School Physical Education Lesson Plans	978-0-7360-8719-3	\$299
Fitness for Life: Elementary School Guide for Wellness Coordinators	978-0-7360-8718-6	\$39
The New Physical Activity Pyramid for Kids	978-0-7360-9152-7	\$19

## ***Fitness for Life: Middle School***

Item	ISBN	Price
Fitness for Life: Middle School student textbook (hardback)	978-0-7360-6511-5	\$27
Fitness for Life: Middle School Teacher's Guide (paperback with CD-ROM)	978-0-7360-6828-4	\$143

## ***Fitness for Life, Updated Fifth Edition (high school)***

Item	ISBN	Price
Fitness for Life student textbook		
Hardback	978-0-7360-6675-4	\$36
Paperback	978-0-7360-6676-1	\$25
Fitness for Life Wraparound Teacher Edition and Resources Kit*	978-0-7360-6864-2	\$308
Fitness for Life Spanish E-Book	978-0-7360-5531-4	\$102
Fitness for Life In-Service DVD	978-0-7360-5568-0	\$81
Fitness for Life Physical Activity Pyramid Poster for Teens	978-0-7360-5098-2	\$19

\*Individual components of the *Wraparound Teacher Edition and Resources Kit* are also available separately. Contact Human Kinetics for details or visit the Web site.



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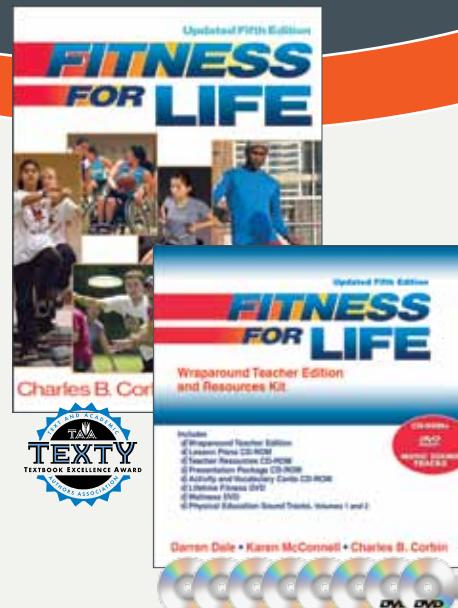
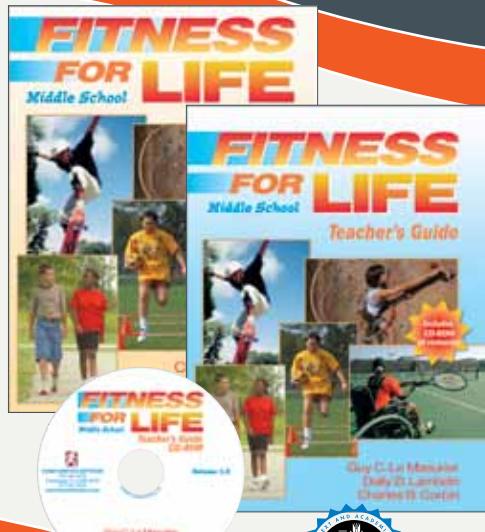
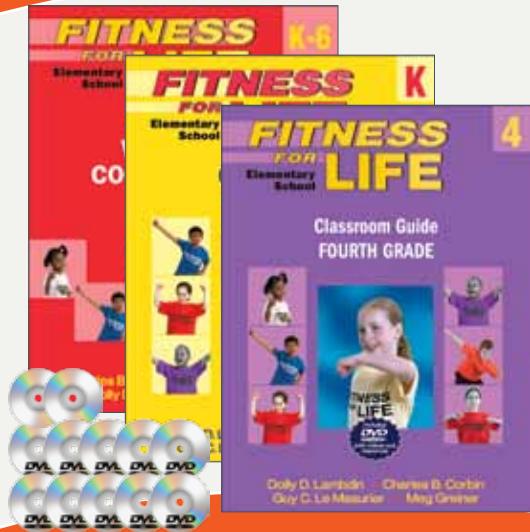
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For more information, please visit our Web site at [www.FitnessforLife.org](http://www.FitnessforLife.org)

