

SUBJECT: Physical Education

GRADE LEVEL: 9-12

COURSE TITLE: Personal Fitness

COURSE CODE: 1501300

SUBMISSION TITLE: Fitness for Life

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BENCHMARK CODE	BENCHMARK	LESSONS WHERE BENCHMARK IS DIRECTLY ADDRESSED IN-DEPTH IN MAJOR TOOL (Include the student edition and teacher edition with the page numbers of lesson, a link to lesson, or other identifier for easy lookup by reviewers.)
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HE.912.B.6.4:

Formulate an effective long-term personal health plan.

Remarks/Examples: Stress reduction, weight management, healthier eating habits, improved physical fitness, and individual responsibilities for protecting health.

53 (web icon for Goal Setting lesson, web topic 2: Goal Setting)
61 (web icon for Program Planning lesson, web topic 2: Steps in Program Planning)
61-66 (entire lesson, Program Planning)
144-147 (all pages, Preparing Moderate Physical Activity Plan)
188-192 (all pages, Preparing a Vigorous Physical Activity Plan)
265-267 (all pages, Preparing a Muscle Fitness Exercise Program)
288-291 (all pages, Preparing a Flexibility Exercise Program)
327-333 (entire lesson, Physical Activity and Fitness Assessment)
395-398 (entire lesson, Managing Stress)
414-415 (all pages, Healthy Lifestyle Planning)
34-35 (steps 4, 5, and 6)
43 (Stages of Change for a Healthy Lifestyle)
46 (table, second #1)
53 (first paragraph)
150 (entire feature, Your Moderate Physical Activity Plan)
195 (entire feature, Your Vigorous Physical Activity Plan)
268 (web icon for Ergogenic Aids and Muscle Fitness Exercise Planning lesson, web topic 3: Periodization)
270 (entire feature, Your Muscle Fitness Exercise Plan)
299 (entire feature, Your Flexibility Exercise Plan)
337 (table, row 6 - Goal setting and self-planning)
342 (entire feature, Your Physical Activity Plan)
373 (web icon for A Healthy Diet lesson, web topic 4: Food Logs)
382 (Nutrition Advertising Strategies and Tactics)
419 (entire feature, Your Healthy Lifestyle Plan)

<p>HE.912.C.1.1:</p>	<p>Predict how healthy behaviors can affect health status.</p> <p>Remarks/Examples: Making positive choices/avoiding risky behaviors: healthy food, substance abuse, and healthy relationship skills; regular medical and dental screenings; regular physical activity; and workplace safety.</p>	<p>Taking Charge feature for every chapter:</p> <p>24 (Learning to Self-Assess) 48 (Building Knowledge and Understanding) 67 (Setting Goals) 88 (Reducing Risk Factors) 106 (Learning to Self-Monitor) 131 (Improving Performance Skills) 148 (Learning to Manage Time) 170 (Self-Confidence) 193 (Activity Participation) 241 (Preventing Relapse) 269 (Finding Social Support) 298 (Overcoming Barriers) 322 (Improving Physical Self-Perception) 340 (Changing Attitudes) 358 (Learning to Think Critically) 384 (Saying No) 402 (Managing Competitive Stress) 418 (Thinking Success) 433 (Developing Tactics) 450 (Positive Self-Talk) 468 (Conflict Resolution)</p>
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HE.912.C.1.1:
(continued)

Self-Management feature for every chapter:
24-25 (Skills for Learning to Self-Assess)
48-49 (Skills for Building Knowledge and Understanding)
67-68 (Skills for Setting Goals)
88-89 (Skills for Reducing Risk Factors)
106-107 (Skills for Learning to Self-Monitor)
131-132 (Skills for Improving Performance)
148-149 (Skills for Managing Time)
170-171 (Skills for Building Self-Confidence)
193-194 (Skills for Choosing Good Activities)
241 (Skills for Preventing Relapse)
269 (Skills for Finding Social Support)
298 (Skills for Overcoming Barriers)
322-323 (Skills for Self-Perception)
340-341 (Skills for Building Positive Attitudes)
358-359 (Skills for Thinking Critically)
384-385 (Skills for Saying No)
402-403 (Skills to Manage Competitive Stress)
418 (Skills for Thinking Success)
433 (Skills for Developing Tactics)
450-451 (Skills for Positive Self-Talk)
468 (Skills for Conflict Resolution)

<p>HE.912.C.1.1: <i>(continued)</i></p>	<p>30 (Environmental and Health Care Determinants) 30 (Social and Individual Determinants) 31 (Healthy Lifestyle Choices) 31 (web icon for lesson 1, web topic 2: Be Active, Stay Healthy!) 33-35 (Stairway to Lifetime Fitness, Health, and Wellness) 43-44 (Stages of Change for a Healthy Lifestyle) 45-47 (Self-Management Skills) 82-87 (entire lesson, Health and Wellness Benefits) 84 (web icon for lesson 2, web topic 4: Risk Factors) 93-99 (entire lesson, How Much Physical Activity Is Enough?) 126 (list of guidelines to prevent injury) 127-130 (Risky Exercises; Concussions and Other Sport Injuries) 139-142 (all pages, How Much Moderate Physical Activity Is Enough?) 154-158 (all headings, Benefits of Physical Activity and Cardiorespiratory Endurance) 246-250 (all pages, Back Problems; Posture Problems; Back and Posture Improvement and Maintenance) 261-264 (all pages, Ergogenic Aids) 273-275 (all headings, Benefits of Good Flexibility) 349-350 (all headings, Health Quackery) 368 (table) 392 (Step 3: Understand the Effects of Stress) 407-412 (entire lesson, Lifestyle Choices for Fitness, Health, and Wellness)</p>
<p>HE.912.C.1.1: <i>(continued)</i></p>	<p>18 (Personal Health and Community Health) 32 (all headings) 33 (first column) 145 (web icon for lesson 2, web topic 2: Get Started With Moderate Physical Activity) 154 (web icon for lesson 1, web topic 2: Making My Body Make Stuff!) 160 (How Much Cardiorespiratory Endurance Is Enough?) 192 (Consumer Corner) 305 (Body Fatness, Health, and Wellness) 305 (web icon for lesson 1, web topic 3: Eating Disorders) 320 (web icon for lesson 2, web topic 2: How Physical Activity Helps You Maintain a Healthy Weight) 332 (web icon for lesson 1, web topic 3: Exercise and the Brain) 348 (Science in Action) 369 (table and Science in Action) 370 (Food Groups) 372 (table) 378 (web icon for lesson 2, web topic 2: Serving Sizes) 380 (table)</p>

<p>HE.912.C.1.3:</p>	<p>Evaluate how environment and personal health are interrelated.</p> <p>Remarks/Examples: Food options within a community; prenatal-care services; availability of recreational facilities; air quality; weather-safety awareness; and weather, air, and water conditions.</p>	<p>74 (Readiness for Extreme Environmental Conditions) 74 (web icon for lesson 1, web topic 3: Hold Your Breath: When Exercising Outdoors Is a Bad Idea) 74-76 (Hot, Humid Weather) 76-77 (Cold, Windy, and Wet Weather) 77-78 (Pollution and Altitude) 78 (General Readiness) 79 (Fitness Technology) 129-130 (Concussions and Other Sport Injuries) 148-149 (Managing Time) 241-242 (Preventing Relapse) 249 (Mechanics of Lifting) 263 (Health and Fitness in a Bottle) 269 (Finding Social Support) 298 (Overcoming Barriers) 307 (Media Misrepresentation) 338 (web icon for lesson 2, web topic 2: Attitudes and Physical Activity) 356-357 (Evaluating Internet Resources) 369 (Vitamin and Mineral Supplements) 371 (The Ideal Diet?) 382 (Nutrition Advertising Strategies and Tactics) 384-385 (Saying No) 390 (Step 1: Identifying Stress and Stressors in Your Life) 392 (Step 3: Understand the Effects of Stress) 397 (Prevention of Cyberbullying) 398 (Social and Spiritual Coping) 411-412 (The Environment and Fitness, Health, and Wellness) 413 (Healthy Lifestyle Questionnaire) 459 (Diversity: Respect for Others) 464 (Organizing for Participation) 466 (Fitness Technology: Social Support) 467 (Helping Others in Physical Activity)</p>
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<p>HE.912.C.1.3: (continued)</p>		<p>30 (Environmental and Health Care Determinants) 30 (Social and Individual Determinants) 105 (Environment) 140 (Science in Action) 141 (Fit Fact) 147 (Fit Fact) 264 (Other Supplements) 287 (Fit Fact) 305 (web icon for lesson 1, web topic 3: Eating Disorders) 307 (web icon for lesson 1, web topic 4: Media Distortions of the Body) 351 (Fitness Technology) 353 (Evaluating Health Clubs) 355 (Evaluating Books and Articles) 355-356 (Evaluating Exercise Videos) 381 (What's in Your Food?) 393 (Depression Among Teens) 402 (Managing Competitive Stress) 408 (Fit Fact) 409 (Fit Fact) 409 (Avoid Destructive Habits) 409 (Adopt Good Safety Practices) 431 (TV Tactics—Creating Needs) 460 (Bullying)</p>
<p>HE.912.C.1.4:</p>	<p>Propose strategies to reduce or prevent injuries and health problems.</p> <p>Remarks/Examples: Mandatory passenger-restraint/helmet laws, refusal skills, mandatory immunizations, healthy relationship skills, and improved inspection of food sources.</p>	<p>31 (web icon for lesson 1, web topic 2: Be Active, Stay Healthy!) 74-79 (all headings) 74 (web icon for lesson 1, web topic 3: Hold Your Breath: When Exercising Outdoors Is a Bad Idea) 75 (Science Prepares Us for Safe Exercise) 79 (High-Tech Exercise Clothing) 88-89 (Reducing Risk Factors) 124-130 (entire lesson, Physical Activity and Injury) 241-242 (Preventing Relapse) 246-250 (all headings) 249 (The Mechanics of Lifting) 275 (Fit Fact) 298 (Overcoming Barriers) 320 (web icon for lesson 2, web topic 2: How Physical Activity Helps You Maintain a Healthy Weight) 384-385 (Saying No) 397 (Prevention of Cyberbullying) 408-412 (Making Healthy Lifestyle Choices)</p>

<p>HE.912.C.1.4: (continued)</p>		<p>73 (web icon for lesson 1, web topic 2: Medical Readiness for Physical Activity and Sport) 83 (web icon for lesson 2, web topic 3: The ABCs of AEDs) 84 (web icon for lesson 2, web topic 4: Risk Factors) 87 (Overuse Injuries) 98 (Flexibility Exercises) 124 (web icon for lesson 2, web topic 2: That's Gonna Leave a Mark!) 130 (web icon for lesson 2, web topic 3: Concussions) 145 (web icon for lesson 1, web topic 2: Get Started With Moderate Physical Activity) 176 (Aerobic Dance) 184 (Assessing Jogging Techniques) 207 (Isokinetic Exercise Machines) 218 (web icon for lesson 2, web topic 2: Milo of Crotona: Progression and Overload Illustrated) 220 (web icon for lesson 2, web topic 3: Resistance Training for Youth) 224 (Building Power) 245 (introductory paragraph) 263 (web icon for lesson 2, web topic 2: Health and Fitness in a Bottle) 275 (Rehabilitation From Injury and Medical Problems) 275 (web icon for lesson 1, web topic 2: Physical and Occupational Therapy) 276 (Range-of-Motion Exercise) 286 (web icon for lesson 2, web topic 2: Yoga and Tai Chi) 287 (web icon for lesson 2, web topic 3: Safe Flexibility for You and Your Elders) 307 (web icon for lesson 1, web topic 4: Media Distortions of the Body) 332 (web icon for lesson 1, web topic 3: Exercise and the Brain) 408 (Fit Fact) 408 (Sleep Tracking) 409 (Fit Fact)</p>
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<p>HE.912.C.2.2:</p>	<p>Compare how peers influence healthy and unhealthy behaviors.</p> <p>Remarks/Examples: Binge drinking and social groups, sexual coercion [pressure, force, or manipulation] by a dating partner, students' recommendations for school vending machines, healthy lifestyle, review trends in current and emerging diseases, and use of helmets and seatbelts.</p>	<p>170-171 (Self-Confidence) 269 (Finding Social Support) 322-323 (Self-Perception) 338 (web icon for lesson 2, web topic 3: Changing Negative Attitudes) 397 (Prevention of Cyberbullying) 398 (Social Coping) 412 (Social Environment) 416 (Consumer Communities) 455-460 (entire lesson, Social Interactions in Physical Activity) 457 (Group Cohesiveness) 462 (introduction) 464 (Organizing for Participation) 465 (Daring to Try) 466 (Fitness Technology) 467 (Helping Others in Physical Activity) 468 (Conflict Resolution) 469 (Team Building)</p> <p>6 (Exercise Sociology) 30-31 (Social and Individual Determinants) 46 (table: Finding social support; Resolving conflicts) 47 (Skills That Help You Maintain Changes) 105 (Environment) 305 (web icon for lesson 1, web topic 3: Eating Disorders) 307 (web icon for lesson 1, web topic 4: Media Distortions of the Body) 337 (table: Finding social support; Resolving conflicts) 338 (Physical activities are a great way to meet people) 341 (Be active with friends) 392 (Social Stressors) 413 (Social wellness score)</p>
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<p>HE.912.C.2.5:</p>	<p>Evaluate the effect of media on personal and family health.</p> <p>Remarks/Examples: Compares brand-name/store-brand items in home, analyzes television viewing habits, identifies effective PSAs, consumer skills, advertisements of health-related community resources, participation in risky behaviors, and deconstructs media to identify promotion of unhealthy stereotypes, and normalization of violence.</p>	<p>7 (World Wide Web) 7 (web icon for lesson 1, web topic 3: World Wide Web) 65 (Consumer Corner: Too Good to Be True) 65 (web icon for lesson 2, web topic 3: Don't Get Played!) 307 (Science in Action: Media Misrepresentation) 307 (web icon for lesson 1, web topic 4: Media Distortions of the Body) 345-351 (entire lesson, Health and Fitness Quackery) 347 (Reliable Consumer Groups) 349 (Science in Action: Sport and Energy Drinks) 354 (Fit Fact) 355 (Evaluating Books and Articles) 355-356 (Evaluating Exercise Videos) 356-357 (Evaluating Internet Resources) 357 (Fit Fact) 431 (Consumer Corner: TV Tactics—Creating Needs) 466 (Fitness Technology: Social Support)</p> <p>263 (web icon for lesson 2, web topic 2: Health and Fitness in a Bottle) 305 (web icon for lesson 1, web topic 3: Eating Disorders) 345 (figure: weight loss ad) 354 (web icon for lesson 2, web topic 2: Exercise Equipment) 359 (Academic Connection: Critical Thinking Skills) 397 (Fitness Technology: Prevention of Cyberbullying) 416 (Consumer Corner: Consumer Communities) 435 (Project) 468 (Conflict Resolution)</p>
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<p>HE.912.P.7.1:</p>	<p>Analyze the role of individual responsibility in enhancing health.</p> <p>Remarks/Examples: Food choices, media messages, future impact of lifestyle choices, individual responsibility for health protection, and stress management.</p>	<p>8-9 (Science in Action: Guidelines for Warming Up and Cooling Down) 24-25 (Learning to Self-Assess) 29-31 (Determinants of Fitness, Health, and Wellness) 33-35 (Stairway to Lifetime Fitness, Health, and Wellness) 43-47 (entire lesson, Learning Self-Management Skills) 43 (web icon for lesson 2, web topic 2: What Stage Are You At?) 48-49 (Building Knowledge and Understanding) 53-56 (entire lesson, Goal Setting) 61-66 (entire lesson, Program Planning) 144-147 (entire lesson, Preparing a Moderate Physical Activity Plan) 188-192 (Preparing a Vigorous Physical Activity Plan) 263 (web topic for lesson 2, web topic 2: Health and Fitness in a Bottle) 265-267 (Planning a Muscle Fitness Exercise Plan) 288-291 (Planning a Flexibility Exercise Program) 327-333 (entire lesson, Physical Activity and Fitness Assessment) 345-357 (entire chapter, Making Good Consumer Choices) 358-359 (Learning to Think Critically) 365-372 (entire lesson, A Healthy Diet) 377-383 (entire lesson, Making Healthy Food Choices) 389-393 (entire lesson, Facts About Stress) 395-398 (Managing Stress, all pages) 399-401 (Relaxation Exercises for Stress Management) 402-403 (Managing Competitive Stress) 407-412 (entire lesson, Lifestyle Choices for Fitness, Health, and Wellness) 414-417 (entire lesson, Healthy Lifestyle Planning and Career Opportunities)</p>
<p>HE.912.P.7.1: (continued)</p>		<p>3 (The Scientific Method) 7 (Fitness Technology: World Wide Web) 65 (Consumer Corner) 73 (web icon for lesson 1, web topic 2: Medical Readiness for Physical Activity and Sport) 84 (web icon for lesson 2, web topic 4: Risk Factors) 150 (Your Moderate Physical Activity Plan) 195 (Your Vigorous Physical Activity Plan) 270 (Your Muscle Fitness Exercise Plan) 299 (Your Flexibility Exercise Plan) 320 (web icon for lesson 2, web topic 2: How Physical Activity Helps You Maintain a Healthy Weight) 337 (table) 342 (Your Physical Activity Plan) 370 (web icon for lesson 1, web topic 3: Nutrition Guidelines) 378 (web icon for lesson 2, web topic 2: Serving Sizes)</p>

HE.912.P.7.2:

Evaluate healthy practices and behaviors that will maintain or improve health and reduce health risks.

Remarks/Examples: Lifestyle choices: drug use/abuse, healthy diet, controlling modes of transmission of infectious agents, riding with impaired drivers, seeking mental-health services when needed, sexual behavior, and engaging in healthy relationships.

Self-Assessment for every chapter:

- 11-16 (Physical Fitness Challenges)
- 36-42 (Practicing Physical Fitness Tests)
- 57-60 (Assessing Muscle Fitness)
- 80-81 (Body Composition and Flexibility)
- 100-101 (PACER and Trunk Lift)
- 119-123 (Assessing Skill-Related Physical Fitness)
- 143 (Walking Test)
- 161-162 (Step Test and One-Mile Run Test)
- 184-185 (Assessing Jogging Techniques)
- 210-217 (Muscle Fitness Testing)
- 258-260 (Healthy Back Test)
- 282-285 (Arm, Leg, and Trunk Flexibility)
- 312-316 (Body Measurements)
- 334-335 (Your Personal Fitness Test Battery)
- 352 (Assessing Your Posture)
- 373-376 (Energy Balance)
- 394 (Identifying Signs of Stress)
- 413 (Healthy Lifestyle Questionnaire)
- 428 (Assessing Game Strategy and Tactics)
- 442 (Analyzing Basic Skills)
- 461 (Modifying Rules in Games)

- 35 (Fitness Technology: Fitnessgram)
- 73-74 (Medical Readiness)
- 74-78 (Readiness for Extreme Environmental Conditions)
- 84 (web icon for lesson 2, web topic 4: Risk Factors)
- 88-89 (Reducing Risk Factors)
- 89 (Academic Connection: Statistics)
- 94-95 (FITT Formula)
- 98 (web icon for lesson 1, web topic 3: Activitygram)
- 102-103 (Fitness Standards and Rating Categories)

<p>HE.912.P.7.2: (continued)</p>		<p>106-107 (Learning to Self-Monitor) 112-113 (Assessing Skill-Related Fitness) 113 (Motion Analysis System) 124-126 (Common Injuries; Preventing Injury) 127-129 (Risky Exercises) 130 (Putting Technology Into Action) 141-142 (Counting Steps and Movement; Counting Physical Activity Calories) 142 (Pedometers and Accelerometers) 148-149 (Learning to Manage Time) 158-159 (Cardiorespiratory Assessment) 160 (How Much Cardiorespiratory Endurance Is Enough?) 160 (Science in Action: Aerobic Capacity) 208-209 (Muscle Fitness Assessment) 249 (The Mechanics of Lifting) 269 (Skills for Finding Social Support) 306-308 (Laboratory Measurements for Assessing Body Composition) 308-310 (Nonlaboratory Measures) 310-311 (What Is My Ideal Body Weight?) 319 (table: Energy Expenditure) 321 (Calculating Your Daily Calorie Expenditure) 353 (Evaluating Health Clubs) 355 (Evaluating Books and Articles) 355-356 (Evaluating Exercise Videos) 356-357 (Evaluating Internet Resources) 365-372 (entire lesson, A Healthy Diet) 369 (Vitamin and Mineral Supplements) 377-383 (entire lesson, Making Healthy Food Choices) 390-392 (Step 1: Identifying Stress; Step 2: Identifying Causes of Stress) 395-398 (entire lesson, Managing Stress) 402-403 (Managing Competitive Stress) 407-412 (entire lesson, Lifestyle Choices for Fitness, Health, and Wellness) 416 (Consumer Corner: Consumer Communities)</p>
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<p>HE.912.P.7.2: (continued)</p>		<p>3 (The Scientific Method) 43 (web icon for lesson 2, web topic 2: What Stage Are You At?) 55 (Fitness Technology: Smartphones and Tablet Computers) 61 (Step 1: Determine Your Personal Needs) 64 (Step 5: Keep a Log and Evaluate Your Program) 82 (web icon for lesson 2, web topic 2: Heartbroken: The Truth About America's Number 1 Killer) 88 (Skills for Reducing Risk Factors) 124 (web icon for lesson 2, web topic 2: That's Gonna Leave a Mark!) 130 (web icon for lesson 2, web topic 3: Concussions) 131-132 (Improving Performance Skills) 140 (table: FIT Formulas for Health and Wellness Benefits From Moderate Physical Activity) 142 (web icon for lesson 1, web topic 3: Keeping Track of Physical Activity) 144 (Step 1: Determine Your Personal Needs) 147 (Step 5: Keep a Log and Evaluate Your Program) 147 (web icon for lesson 1, web topic 3: Logging Your Behaviors) 154 (web icon for lesson 1, web topic 2: Making My Body Make Stuff!) 188 (Step 1: Determine Your Personal Needs) 241 (Preventing Relapse) 243 (Project) 248 (Healthy Back Test) 265 (Step 1: Determine Your Personal Needs) 269 (Skills for Finding Social Support) 278 (table: FIT Formula and Fitness Target Zones for Stretching Exercise) 279 (Fitness Technology: Goniometers) 286 (web icon for lesson 2, web topic 2: Yoga and Tai Chi) 287 (web icon for lesson 2, web topic 3: Safe Flexibility for You and Your Elders) 288 (Step 1: Determine Your Personal Needs)</p>
<p>HE.912.P.7.2: (continued)</p>		<p>307 (web icon for lesson 1, web topic 4: Media Distortions of the Body) 318 (table: FIT Formula for Fat Control) 320 (web icon for lesson 2, web topic 2: How Physical Activity Helps You Maintain a Healthy Weight) 327 (Step 1: Determine Your Personal Needs) 332 (web icon for lesson 1, web topic 3: Exercise and the Brain) 333 (Fitness Technology: Swim Watches) 337 (table: Self-Management Skills for Fitness, Health, and Wellness) 358-359 (Skills for Thinking Critically) 370 (web icon for lesson 1, web topic 3: Nutrition Guidelines) 373 (web icon for lesson 1, web topic 4: Food Logs) 404 (Taking Action: Relaxation Exercises) 414 (Step 1: Determine Your Personal Needs) 431 (Step 2: Collect New Information)</p>

LACC.1112.RST.3.7:	Integrate and evaluate multiple sources of information presented in diverse formats and media (e.g., quantitative data, video, multimedia) in order to address a question or solve a problem.	<p>Projects for every chapter:</p> <p>27 (adults survey) 51 (create ad campaign) 70 (prepare advice booklet) 91 (gather data, give a speech) 109 (investigate and prepare directory) 134 (evaluate magazine articles and report) 151 (develop questionnaire, conduct survey) 173 (create poster, slides, or video) 196 (create aerobic exercise routine) 243 (plan a health activity for teachers) 271 (prepare newspaper article) 300 (interview older adults and report) 325 (investigate and prepare poster) 343 (prepare Fitnessgram report) 361 (evaluate club or media information) 387 (evaluate nutrition guidelines) 405 (keep a stress journal and brochure) 420 (attend or start wellness committee) 435 (investigate, prepare blog or podcast) 453 (prepare exercise break, present to class) 470 (prepare community directory)</p> <p>3 (The Scientific Method) 4 (web icon for lesson 1, web topic 2: The Scientific Method) 7 (Fitness Technology: World Wide Web) 7 (web icon for lesson 1, web topic 3: World Wide Web) 24-25 (Learning to Self-Assess) 33-35 (Stairway to Lifetime Fitness, Health, and Wellness) 35 (Fitness Technology: Fitnessgram) 48-49 (Building Knowledge and Understanding) 55 (Fitness Technology: Smartphones and Tablet Computers)</p>
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<p>LACC.1112.RST.3.7: (continued)</p>		<p>65 (Consumer Corner: Too Good to Be True) 65 (web icon for lesson 2, web topic 3: Don't Get Played!) 89 (Academic Connection: Statistics) 98 (Fitness Technology: Activitygram) 107 (Academic Connection: Percentages) 113 (Fitness Technology: Motion Analysis Systems) 117 (Science in Action: Feedback) 130 (Consumer Corner: Putting Technology Into Action) 142 (Fitness Technology: Pedometers and Accelerometers) 157 (Fitness Technology: Heart Rate Monitors) 177 (Fitness Technology: Global Positioning System) 192 (Consumer Corner: Using the Web for Fitness, Health, and Wellness Information) 261-264 (Ergogenic Aids) 263 (Consumer Corner: Health and Fitness in a Bottle) 307 (Science in Action: Media Misrepresentation) 332 (Science in Action: Exercise and Academics) 345-351 (entire lesson, Health and Fitness Quackery) 347 (Consumer Corner: Reliable Consumer Groups) 348 (Science in Action: Sport and Energy Drinks) 353-357 (entire lesson, Evaluating Health Clubs, Equipment, Media, and Internet Materials) 358-359 (Learning to Think Critically) 359 (Academic Connection: Critical Thinking Skills) 378-379 (Food Labels) 380-382 (Common Food Myths) 381 (Fitness Technology: What's in Your Food?) 397 (Fitness Technology: Prevention of Cyberbullying) 403 (Academic Connection: Literacy) 416 (Consumer Corner: Consumer Communities) 431 (Consumer Corner: TV Tactics—Creating Needs) 464 (Organizing for Participation) 466 (Fitness Technology: Social Support)</p>
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<p>LACC.1112.RST.3.7: (continued)</p>	<p>46 (table: Self-Management Skills for Fitness, Health, and Wellness) 75 (Science in Action: Science Prepares Us for Safe Exercise) 140 (Science in Action: Sedentary Living) 192 (web icon for lesson 2, web topic 4: Health on the Web) 204 (Science in Action: Resistance Exercise Among Youth) 220 (Fit Fact) 246 (Fitness Technology: Exercise Machines With Memory) 275 (Fit Fact) 307 (web icon for lesson 1, web topic 4: Media Distortions of the Body) 310 (Fitness Technology: Bioelectrical Impedance Analysis) 333 (Fitness Technology: Swim Watches) 369 (Science in Action: Vitamin and Mineral Supplements) 382 (Nutrition Advertising Strategies and Tactics) 382 (web icon for lesson 2, web topic 3: Nutrition Resources) 393 (Science in Action: Depression Among Teens) 393 (Step 5: Get Help) 408 (Fitness Technology: Sleep Tracking) 410 (Seek and Follow Appropriate Medical Advice) 411 (Science in Action: The Evolution of CPR) 424 (Fit Fact) 425 (Science in Action: Top 10 Reasons for High-Quality Physical Education) 440 (Science in Action: Biomechanical Analysis) 446 (Fitness Technology: Movement Analysis Apps) 458 (Fit Fact)</p>
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LACC.910.L.3.4:	<p>Determine or clarify the meaning of unknown and multiple-meaning words and phrases based on grades 9–10 reading and content, choosing flexibly from a range of strategies.</p> <p>a. Use context (e.g., the overall meaning of a sentence, paragraph, or text; a word’s position or function in a sentence) as a clue to the meaning of a word or phrase.</p> <p>b. Identify and correctly use patterns of word changes that indicate different meanings or parts of speech (e.g., <i>analyze, analysis, analytical; advocate, advocacy</i>).</p> <p>c. Consult general and specialized reference materials (e.g., dictionaries, glossaries, thesauruses), both print and digital, to find the pronunciation of a word or determine or clarify its precise meaning, its part of speech, or its etymology.</p> <p>d. Verify the preliminary determination of the meaning of a word or phrase (e.g., by checking the inferred meaning in context or in a dictionary).</p>	<p>3, 17, 29, 43, 53, 61, 73, 82, 93, 102, 111, 124, 137, 144, 153, 163, 175, 186, 201, 218, 245, 261, 273, 286, 303, 317, 327, 336, 345, 353, 365, 377, 389, 395, 407, 414, 423, 429, 437, 443, 455, 462 (Lesson Vocabulary in every lesson; also key words highlighted in text of each lesson. Key terms are included in the glossary as well as online at the student website.)</p> <p>471-478 (Glossary)</p> <p>19 (Fit Fact: cardiorespiratory endurance)</p> <p>49 (Academic Connection: Accurate Use of Words)</p> <p>68 (Academic Connection: Mnemonics and Acronyms)</p> <p>95 (Fit Fact)</p> <p>97 (Fit Fact)</p> <p>111 (skills/motor skills)</p> <p>153 (aerobic capacity)</p> <p>194 (Academic Connection: Figurative Language)</p> <p>359 (Academic Connection: Critical Thinking Skills)</p> <p>403 (Academic Connection: Literacy)</p> <p>423 (Fit Fact)</p> <p>423 (introduction)</p> <p>451 (Academic Connection: Multiple Meanings)</p> <p>6-7 (Motor Learning)</p> <p>45 (skill)</p> <p>154 (cardiorespiratory endurance/endurance)</p> <p>160 (Aerobic Capacity)</p> <p>163 (aerobic)</p> <p>181 (Science in Action: Anaerobic Physical Activity)</p> <p>203 (Cardiorespiratory Endurance and Muscular Endurance)</p> <p>365 (web icon for lesson 1, web topic 2: dietitian/nutritionist)</p> <p>451 (force)</p> <p>451 (power)</p> <p>472 (calorie/kilocalorie)</p> <p>473 (ergolytic)</p> <p>474 (force)</p>
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LACC.910.SL.1.1:	<p>Initiate and participate effectively in a range of collaborative discussions (one-on-one, in groups, and teacher-led) with diverse partners on grades 9–10 topics, texts, and issues, building on others' ideas and expressing their own clearly and persuasively.</p> <p>a. Come to discussions prepared, having read and researched material under study; explicitly draw on that preparation by referring to evidence from texts and other research on the topic or issue to stimulate a thoughtful, well-reasoned exchange of ideas.</p> <p>b. Work with peers to set rules for collegial discussions and decision-making (e.g., informal consensus, taking votes on key issues, presentation of alternate views), clear goals and deadlines, and individual roles as needed.</p> <p>c. Propel conversations by posing and responding to questions that relate the current discussion to broader themes or larger ideas; actively incorporate others into the discussion; and clarify, verify, or challenge ideas and conclusions.</p> <p>d. Respond thoughtfully to diverse perspectives, summarize points of</p>	<p>Taking Charge feature for every chapter: 24 (Learning to Self-Assess) 48 (Building Knowledge and Understanding) 67 (Setting Goals) 88 (Reducing Risk Factors) 106 (Learning to Self-Monitor) 131 (Improving Performance Skills) 148 (Learning to Manage Time) 170 (Self-Confidence) 193 (Activity Participation) 241 (Preventing Relapse) 269 (Finding Social Support) 298 (Overcoming Barriers) 322 (Improving Physical Self-Perception) 340 (Changing Attitudes) 358 (Learning to Think Critically) 384 (Saying No) 402 (Managing Competitive Stress) 418 (Thinking Success) 433 (Developing Tactics) 450 (Positive Self-Talk) 468 (Conflict Resolution)</p> <p>Lesson Plans for every chapter: All pages of each lesson in the student text are used in planned discussions as outlined in the Teacher Web Resource Lesson Plans.</p> <p>Projects: 27 (adults survey) 51 (create ad campaign) 70 (prepare advice booklet) 91 (gather data, give a speech) 109 (investigate and prepare directory) 151 (develop questionnaire, conduct survey)</p>
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	<p>agreement and disagreement, and, when warranted, qualify or justify their own views and understanding and make new connections in light of the evidence and reasoning presented.</p>	<p>196 (create aerobic exercise routine) 243 (plan a health activity for teachers) 300 (interview older adults and report) 325 (investigate and prepare poster) 361 (evaluate club or media information) 420 (attend or start wellness committee) 435 (investigate, prepare blog or podcast) 453 (prepare exercise break, present to class) 470 (prepare community directory)</p> <p>393 (Science in Action: Depression Among Teens) 416 (Consumer Communities)</p>
<p>LACC.910.W.2.6:</p>	<p>Use technology, including the Internet, to produce, publish, and update individual or shared writing products, taking advantage of technology's capacity to link to other information and to display information flexibly and dynamically.</p>	<p>7 (Fitness Technology: World Wide Web) 7 (web icon for lesson 1, web topic 3: World Wide Web) 35 (Fitness Technology: Fitnessgram) 55 (Fitness Technology: Smartphones and Tablet Computers) 65 (Consumer Corner: Too Good to Be True) 73 (Medical Readiness) 79 (Fitness Technology: High-Tech Exercise Clothing) 98 (Fitness Technology: Activitygram) 103 (Science in Action: Personal Fitness Assessment) 113 (Fitness Technology: Motion Analysis Systems) 130 (Consumer Corner: Putting Technology Into Action) 142 (Fitness Technology: Pedometers and Accelerometers) 157 (Fitness Technology: Heart Rate Monitors) 177 (Fitness Technology: Global Positioning System) 192 (Consumer Corner: Using the Web for Fitness, Health, and Wellness Information) 207 (Fitness Technology: Isokinetic Exercise Machines) 246 (Fitness Technology: Exercise Machines With Memory) 306-309 (Laboratory Measurements for Assessing Body Composition) 310 (Fitness Technology: Bioelectrical Impedance Analysis) 333 (Fitness Technology: Swim Watches) 347 (Consumer Corner: Reliable Consumer Groups) 347 (web icon for lesson 1, web topic 2: Reliable Web Resources) 351 (Fitness Technology: Quack Machines) 356-357 (Evaluating Internet Resources) 381 (Fitness Technology: What's in Your Food?) 393 (web icon for lesson 1, web topic 3: Teen Resources (Hotlines and Social Support)) 397 (Fitness Technology: Prevention of Cyberbullying)</p>

<p>LACC.910.W.2.6: (continued)</p>		<p>403 (Academic Connection: Literacy) 408 (Fitness Technology: Sleep Tracking) 416 (Consumer Corner: Consumer Communities) 432 (Fitness Technology: Computers Keep Getting Smarter) 440 (Science in Action: Biomechanical Analysis) 446 (Fitness Technology: Movement Analysis Apps) 466 (Fitness Technology: Social Support) 55 (web icon for lesson 1, web topic 3: FitPhones?) 142 (web icon for lesson 1, web topic 3: Keeping Track of Physical Activity) 157 (web icon for lesson 1, web topic 3: Monitoring Heart Rate) 189 (web icon for lesson 2, web topic 3: How Hard Is That Activity?) 223 (Fit Fact) 359 (Academic Connection: Critical Thinking Skills) 382 (web icon for lesson 2, web topic 3: Nutrition Resources)</p>
<p>MACC.912.S-ID.1.2:</p>	<p>Use statistics appropriate to the shape of the data distribution to compare center (median, mean) and spread (interquartile range, standard deviation) of two or more different data sets.</p> <p>Remarks/Examples: In grades 6 – 8, students describe center and spread in a data distribution. Here they choose a summary statistic appropriate to the characteristics of the data distribution, such as the shape of the distribution or the existence of extreme data points.</p>	<p>89 (Academic Connection: Statistics) 107 (Academic Connection: Percentages) 323 (Academic Connection: Quartiles) 17 (introduction) 31 (Healthy Lifestyle Choices) 31 (Fit Fact) 85 (Obesity) 86 (Other Hypokinetic Conditions) 105 (Fit Fact) 126 (Use moderation) 140 (Science in Action: Sedentary Living) 192 (Consumer Corner: Using the Web for Fitness, Health, and Wellness Information) 246 (Back Problems) 261 (introduction) 264 (Fit Fact) 303 (Fit Fact) 306 (Fit Fact) 339 (Fit Fact) 408 (Fitness Technology: Sleep Tracking) 408 (Fit Fact) 424 (Fit Fact) 458 (Fit Fact)</p>

<p>MACC.912.S-MD.2.7:</p>	<p>Analyze decisions and strategies using probability concepts (e.g., product testing, medical testing, pulling a hockey goalie at the end of a game).</p>	<p>3 (The Scientific Method) 24 (Skills for Learning to Self-Assess) 89 (Academic Connection: Statistics) 107 (Academic Connection: Percentages) 148 (Skills for Managing Time) 298 (Skills for Overcoming Barriers) 323 (Academic Connection: Quartiles) 371-372 (The Ideal Diet?) 377-378 (Servings and Portions) 382-383 (Nutrition Advertising Strategies and Tactics) 384-385 (Skills for Saying No) 395-398 (entire lesson, Managing Stress) 429-432 (entire lesson, Strategy and Tactics) 433 (Skills for Developing Tactics) 17 (introduction) 31 (Healthy Lifestyle Choices) 31 (Fit Fact) 32 (Feeling Good) 85 (Obesity) 86 (Other Hypokinetic Conditions) 105 (Fit Fact) 126 (Use moderation) 140 (Science in Action: Sedentary Living) 192 (Consumer Corner) 246 (Back Problems) 261 (introduction) 264 (Fit Fact) 303 (Fit Fact) 306 (Fit Fact) 339 (Fit Fact) 408 (Fitness Technology) 408 (Fit Fact) 424 (Fit Fact) 458 (Fit Fact)</p>
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PE.912.C.2.15:	Calculate individual target heart-rate zone and analyze how to adjust intensity level to stay within the desired range.	162 (One-Mile Run) 165 (table) 165 (Heart Rate and Intensity of Physical Activity) 166 (Determining Maximal Heart Rate) 167-168 (Percent of HRR Method for Determining Target HR) 168-169 (Percent of Maximal HR Method for Determining Target HR) 169 (Exercise for Ellen) 172 (Target Heart Rate Workouts) 181 (Science in Action: Anaerobic Physical Activity) 185 (table) 185 (Beginner's Jogging Workout) 55 (web icon for lesson 1, web topic 3: FitPhones?) 94-95 (FITT Formula) 96 (The Physical Activity Pyramid) 97 (Vigorous Aerobics) 106 (Skills for Learning to Self-Monitor) 130 (Consumer Corner: Putting Technology Into Action) 142 (Fitness Technology: Pedometers and Accelerometers) 157 (Fitness Technology: Heart Rate Monitors) 157 (web icon for lesson 1, web topic 3: Monitoring Heart Rate) 163 (Physical Activity and Cardiorespiratory Endurance) 163-164 (How Much Vigorous Activity Is Enough?) 164 (Fit Fact) 164 (web icon for lesson 2, web topic 2: How Are You Feeling?) 166 (web icon for lesson 2, web topic 3: Calculating Your Target Heart Rate Zone) 175 (Vigorous Aerobic Activity) 176 (web icon for lesson 1, web topic 2: That's Hot!) 176-177 (Circuit Training) 177 (Dance) 177 (Martial Arts Exercise) 178 (Swimming) 386 (Burn It Up Workout)
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<p>PE.912.C.2.16:</p>	<p>Explain the methods of monitoring levels of intensity during aerobic activity.</p> <p>Remarks/Examples: Some examples are a talk test, rate of perceived exertion and checking one's heart rate/pulse.</p>	<p>157 (web icon for lesson 1, web topic 3: Monitoring Heart Rate) 162 (One-Mile Run) 164 (web icon for lesson 2, web topic 2: How Are You Feeling?) 165 (table) 165 (Heart Rate and Intensity of Physical Activity) 166 (Determining Maximal Heart Rate) 167-168 (Percent of HRR Method for Determining Target HR) 168-169 (Percent of Maximal HR Method for Determining Target HR) 169 (Exercise for Ellen) 172 (Target Heart Rate Workouts) 181 (Science in Action: Anaerobic Physical Activity) 185 (table) 185 (Beginner's Jogging Workout) 94-95 (FITT Formula) 96 (The Physical Activity Pyramid) 97 (Vigorous Aerobics) 106 (Skills for Learning to Self-Monitor) 130 (Consumer Corner: Putting Technology Into Action) 142 (Fitness Technology: Pedometers and Accelerometers) 145 (web icon for lesson 1, web topic 2: Get Started With Moderate Physical Activity) 157 (Fitness Technology: Heart Rate Monitors) 163 (Physical Activity and Cardiorespiratory Endurance) 163-164 (How Much Vigorous Activity Is Enough?) 164 (Fit Fact) 166 (web icon for lesson 2, web topic 3: Calculating Your Target Heart Rate Zone) 175 (Vigorous Aerobic Activity) 176 (web icon for lesson 1, web topic 2: That's Hot!) 176-177 (Circuit Training) 177 (Dance) 177 (Martial Arts Exercise) 178 (Swimming) 189 (web icon for lesson 2, web topic 3: How Hard Is That Activity?)</p>
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<p>PE.912.C.2.17:</p>	<p>Assess physiological effects of exercise during and after physical activity.</p> <p>Remarks/Examples: Some examples are breathing, resting heart rate and blood pressure.</p>	<p>93-95 (Principles of Physical Activity) 96-98 (The Physical Activity Pyramid) 124-130 (entire lesson, Physical Activity and Injury) 154-158 (Benefits of Physical Activity and Cardiorespiratory Endurance) 154 (web icon for lesson 1, web topic 2: Making My Body Make Stuff!) 160 (Science in Action: Aerobic Capacity) 181 (Science in Action: Anaerobic Physical Activity) 204 (Science in Action: Resistance Exercise Among Youth) 207-208 (Muscle Fibers) 208 (Muscle Hypertrophy) 225 (Muscle Bound) 248 (Biomechanical Principles for Lifting, Carrying, and Moving Objects) 249 (The Mechanics of Lifting) 250 (PRE and Injury) 262 (Fit Fact) 274 (Improved Function) 318-319 (Physical Activity and Calories) 319 (table: Energy Expenditure) 332 (Science in Action: Exercise and Academics) 373-375 (Step 2: Estimate Your Calorie Expenditure) 399-401 (Relaxation Exercises for Stress Management) 139 (web icon for lesson 1, web topic 2: Humans Have Three Gears) 181 (web icon for lesson 1, web topic 3: Bursts of Energy and Interval Training) 208 (Fit Fact) 224 (Building Muscle Fitness With Isometric PRE) 275 (Improved Health and Wellness) 305 (Physical Activity) 320 (web icon for lesson 2, web topic 2: How Physical Activity Helps You Maintain a Healthy Weight) 321 (Fit Fact) 332 (web icon for lesson 1, web topic 3: Exercise and the Brain) 395 (Do regular physical activity) 404 (Relaxation Exercises)</p>
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<p>PE.912.C.2.18:</p>	<p>Differentiate between fact and fallacy as it relates to consumer physical fitness products and programs.</p> <p>Remarks/Examples: Some examples are weight-loss pills, food labels and exercise equipment.</p>	<p>3 (The Scientific Method) 4 (web icon for lesson 1, web topic 2: Scientific Method) 7 (Fitness Technology: World Wide Web) 7 (web icon for lesson 1, web topic 3: World Wide Web) 48-49 (Building Knowledge and Understanding) 55 (Fitness Technology: Smartphones and Tablet Computers) 65 (Consumer Corner: Too Good to Be True) 65 (web icon for lesson 2, web topic 3: Don't Get Played!) 130 (Consumer Corner: Putting Technology Into Action) 192 (Consumer Corner: Using the Web for Fitness, Health, and Wellness Information) 261-264 (Ergogenic Aids) 263 (Consumer Corner: Health and Fitness in a Bottle) 263 (web icon for lesson 2, web topic 2: Health and Fitness in a Bottle) 307 (Science in Action: Media Misrepresentation) 345-351 (entire lesson, Health and Fitness Quackery) 347 (Consumer Corner: Reliable Consumer Groups) 348 (Science in Action: Sport and Energy Drinks) 353-357 (entire lesson, Evaluating Health Clubs, Equipment, Media, and Internet Materials) 358-359 (Learning to Think Critically) 359 (Academic Connection: Critical Thinking Skills) 378-379 (Food Labels) 380-382 (Common Food Myths) 381 (Fitness Technology: What's in Your Food?) 403 (Academic Connection: Literacy) 416 (Consumer Corner: Consumer Communities) 431 (Consumer Corner: TV Tactics—Creating Needs)</p>
<p>PE.912.C.2.18: <i>(continued)</i></p>		<p>46 (table: Self-Management Skills for Fitness, Health, and Wellness) 75 (Science in Action: Science Prepares Us for Safe Exercise) 192 (web icon for lesson 2, web topic 4: Health on the Web) 220 (Fit Fact) 220 (web icon for lesson 2, web topic 3: Resistance Training for Youth) 246 (Fitness Technology: Exercise Machines With Memory) 275 (Fit Fact) 310 (Fitness Technology: Bioelectrical Impedance Analysis) 333 (Fitness Technology: Swim Watches) 365 (web icon for lesson 1, web topic 2: Nutrition Science) 369 (Science in Action: Vitamin and Mineral Supplements) 382 (Nutrition Advertising Strategy and Tactics) 382 (web icon for lesson 2, web topic 3: Nutrition Guidelines)</p>

<p>PE.912.C.2.22:</p>	<p>Explain the skill-related components of fitness and how they enhance performance levels.</p> <p>Remarks/Examples: The skill-related components of fitness are speed, coordination, balance, power, agility and reaction time.</p>	<p>14-16 (Part 2: Skill-Related Physical Fitness Challenges) 20-23 (Skill-Related Physical Fitness) 23 (Fit Fact) 111-112 (Skill-Related Fitness) 112-113 (Assessing Skill-Related Fitness) 113-114 (Building a Skill-Related Fitness Profile) 115 (table: Sue's Skill-Related Fitness Profile) 119-123 (Assessing Skill-Related Physical Fitness) 193-194 (Skills for Choosing Good Activities) 19 (The Parts of Physical Fitness) 69 (Exercise Circuits) 112 (web icon for lesson 1, web topic 2: Training Skill-Related Fitness) 116 (Practice) 131 (Taking Charge: Improving Performance Skills) 131-132 (Self-Management: Skills for Improving Performance) 203 (Strength and Power) 286 (Yoga, Tai Chi, and Pilates)</p>
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PE.912.C.2.23:	Apply appropriate technology and analyze data to evaluate, monitor and/or improve performance.	<p>7 (Fitness Technology: World Wide Web) 7 (web icon for lesson 1, web topic 3: World Wide Web) 35 (Fitness Technology: Fitnessgram) 35 (web icon for lesson 1, web topic 3: Fitnessgram) 55 (Fitness Technology: Smartphones and Tablet Computers) 65 (Consumer Corner: Too Good to Be True) 73 (Medical Readiness) 79 (Fitness Technology: High-Tech Exercise Clothing) 80 (web topic for lesson 1, web topic 4: BMI Calculator) 98 (Fitness Technology: Activitygram) 101 (web topic for lesson 1, web topic 4: What Is My Aerobic Capacity?) 103 (Science in Action: Personal Fitness Assessment) 103 (web topic for lesson 2, web topic 2: Personal Test Battery) 113 (Fitness Technology: Motion Analysis Systems) 130 (Consumer Corner: Putting Technology Into Action) 142 (Fitness Technology: Pedometers and Accelerometers) 157 (Fitness Technology: Heart Rate Monitors) 177 (Fitness Technology: Global Positioning System) 192 (Consumer Corner: Using the Web for Fitness, Health, and Wellness Information) 207 (Fitness Technology: Isokinetic Exercise Machines) 246 (Fitness Technology: Exercise Machines With Memory) 279 (Fitness Technology: Goniometers) 306-308 (Laboratory Measurements for Assessing Body Composition) 310 (Fitness Technology: Bioelectrical Impedance Analysis) 333 (Fitness Technology: Swim Watches) 347 (Consumer Corner: Reliable Consumer Groups) 347 (web icon for lesson 1, web topic 2: Reliable Web Resources) 351 (Fitness Technology: Quack Machines) 356-357 (Evaluating Internet Resources) 381 (Fitness Technology: What's in Your Food?) 393 (web icon for lesson 1, web topic 3: Teen Resources (Hotlines and Social Support))</p>
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<p>PE.912.C.2.23: (continued)</p>		<p>397 (Fitness Technology: Prevention of Cyberbullying) 403 (Academic Connection: Literacy) 408 (Fitness Technology: Sleep Tracking) 416 (Consumer Corner: Consumer Communities) 432 (Fitness Technology: Computers Keep Getting Smarter) 440 (Science in Action: Biomechanical Analysis) 446 (Fitness Technology: Movement Analysis Apps) 466 (Fitness Technology: Social Support) 55 (web topic for lesson 1, web topic 3: FitPhones?) 98 (web topic for lesson 1, web topic 3: Activitygram) 147 (web topic for lesson 1, web topic 3: Logging Your Behaviors) 157 (web topic for lesson 1, web topic 3: Monitoring Heart Rate) 160 (web topic for lesson 1, web topic 4: Graded Exercise Test and Aerobic Capacity) 166 (web topic for lesson 2, web topic 3: Calculating Your Target Heart Rate Zone) 207 (web topic for lesson 1, web topic 2: Isokinetic Machines) 223 (Fit Fact) 359 (Academic Connection: Critical Thinking Skills) 373 (web topic for lesson 1, web topic 4: Food Logs)</p>
<p>PE.912.L.3.1:</p>	<p>Participate in a variety of physical activities to meet the recommended number of minutes of moderate to vigorous physical activity beyond physical education on five or more days of the week.</p>	<p>Taking Action features for every chapter: 26 (The Warm-Up) 50 (Fitness Trails) 69 (Exercise Circuits) 90 (Walking for Health) 108 (Physical Activity Pyramid Circuit) 133 (Safe Exercise Circuit) 150 (Your Moderate Physical Activity Plan) 172 (Target Heart Rate Workouts) 195 (Your Vigorous Physical Activity Plan) 242 (Resistance Machine Exercises) 270 (Your Muscle Fitness Exercise Plan) 299 (Your Flexibility Exercise Plan) 324 (Elastic Band Workout) 342 (Your Physical Activity Plan) 360 (My Health and Fitness Club) 386 (Burn It Up Workout) 404 (Relaxation Exercises) 419 (Your Healthy Lifestyle Plan) 434 (Cooperative Games) 452 (Applying Principles) 469 (Team Building)</p>

<p>PE.912.L.3.1: (continued)</p>		<p>61-64 (The Five Steps of Planning) 96-98 (The Physical Activity Pyramid) 107 (Academic Connection: Percentages) 137-142 (entire lesson, Moderate Physical Activity Facts) 144-147 (entire lesson, Preparing a Moderate Physical Activity Plan) 153-160 (entire lesson, Cardiorespiratory Endurance Facts) 165 (table) 175-183 (entire lesson, Vigorous Aerobics, Sport, and Recreation) 186-192 (entire lesson, Preparing and Performing a Safe and Vigorous Physical Activity Program) 204 (Science in Action: Resistance Exercise Among Youth) 219 (table: Fitness Target Zones for Muscle Fitness) 265-267 (Planning a Muscle Fitness Exercise Program) 286 (Basic Flexibility Exercises) 288-291 (Planning a Flexibility Exercise Program) 327-333 (entire lesson, Physical Activity and Fitness Assessment) 34-35 (Step 5: Practicing a Self-Directed Healthy Lifestyle) 46 (table) 50 (web icon for lesson 2, web topic 3: Work Out in the Outdoors?) 66 (Using Self-Planning Skills) 96 (USDHHS activity guidelines) 97 (national guidelines) 140 (Science in Action: Sedentary Living) 144 (introduction) 145 (web icon for lesson 1, web topic 2: Get Started With Moderate Physical Activity) 220 (Fit Fact) 223 (web icon for lesson 2, web topic 4: Partner and Homemade Muscle Fitness) 245 (web icon for lesson 1, web topic 2: Building Core Muscles) 320 (web icon for lesson 2, web topic 2: How Physical Activity Helps You Maintain a Healthy Weight) 431 (Step 3: Prepare a Plan)</p>
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<p>PE.912.L.3.2:</p>	<p>Participate in a variety of activities that promote the health-related components of fitness.</p> <p>Remarks/Examples: The health-related components of fitness are cardiorespiratory endurance, muscular strength, muscular endurance, flexibility, and body composition.</p>	<p>Taking Action features for every chapter:</p> <p>26 (The Warm-Up) 50 (Fitness Trails) 69 (Exercise Circuits) 90 (Walking for Health) 108 (Physical Activity Pyramid Circuit) 133 (Safe Exercise Circuit) 150 (Your Moderate Physical Activity Plan) 172 (Target Heart Rate Workouts) 195 (Your Vigorous Physical Activity Plan) 242 (Resistance Machine Exercises) 270 (Your Muscle Fitness Exercise Plan) 299 (Your Flexibility Exercise Plan) 324 (Elastic Band Workout) 342 (Your Physical Activity Plan) 360 (My Health and Fitness Club) 386 (Burn It Up Workout) 404 (Relaxation Exercises) 419 (Your Healthy Lifestyle Plan) 434 (Cooperative Games) 452 (Applying Principles) 469 (Team Building)</p>
<p>PE.912.L.3.2: (continued)</p>		<p>61-64 (The Five Steps of Program Planning) 144-147 (entire lesson, Preparing a Moderate Physical Activity Plan) 188-192 (Preparing a Vigorous Physical Activity Plan) 265-268 (Planning a Muscle Fitness Exercise Program) 288-291 (Planning a Flexibility Exercise Program) 327-333 (entire lesson, Physical Activity and Fitness Assessment) 19 (web icon for lesson 2, web topic 3: Components of Health-Related Fitness) 34 (Step 5: Practicing a Self-Directed Healthy Lifestyle) 46 (table) 50 (web icon for lesson 2, web topic 3: Work Out in the Outdoors?) 66 (Using Self-Planning Skills) 147 (web icon for lesson 1, web topic 3: Logging Your Behaviors) 176 (web icon for lesson 1, web topic 2: That's Hot!) 181 (web icon for lesson 1, web topic 3: Bursts of Energy and Interval Training) 223 (web icon for lesson 2, web topic 4: Partner and Homemade Muscle Fitness) 245 (web icon for lesson 1, web topic 2: Building Core Muscles) 320 (web icon for lesson 2, web topic 2: How Physical Activity Helps You Maintain a Healthy Weight) 431 (Step 3: Prepare a Plan)</p>

PE.912.L.3.3:	Identify a variety of activities that promote effective stress management.	<p>394 (Self-Assessment: Identifying Signs of Stress) 395-396 (Physical Coping) 399-400 (Relaxation Exercises for Stress Management) 401 (Contract-Relax Method of Muscle Relaxation) 402 (Taking Charge: Managing Competitive Stress) 402-403 (Skills to Manage Competitive Stress) 404 (Taking Action: Relaxation Exercises) 32 (Feeling Good; Learning Better) 33 (Program Overview) 43 (Stages of Change for a Healthy Lifestyle) 46 (table: Self-Management Skills) 47 (Skills That Help You Maintain Changes) 50 (web icon for lesson 2, web topic 3: Work Out in the Outdoors?) 67 (Skills for Setting Goals) 145 (web icon for lesson 1, web topic 2: Get Started With Moderate Physical Activity) 286 (web icon for lesson 2, web topic 2: Yoga and Tai Chi) 337 (table: Self-Management Skills) 389 (introduction) 390-392 (Step 2: Identify Causes of Stress) 393 (Step 4: Learn Coping Skills) 395 (table: Five Types of Coping Skills) 430 (table: Examples of the Use of Strategies and Tactics)</p>
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<p>PE.912.L.3.6:</p>	<p>Identify risks and safety factors that may affect physical activity throughout life.</p>	<p>73-79 (entire lesson, Safe and Smart Physical Activity) 75 (Science Prepares Us for Safe Exercise) 79 (High-Tech Exercise Clothing) 88-89 (Reducing Risk Factors) 124-130 (entire lesson, Physical Activity and Injury) 204 (Science in Action: Resistance Exercise Among Youth) 207-208 (Muscle Fibers) 208 (Muscle Hypertrophy) 225 (Muscle Bound) 241-242 (Preventing Relapse) 246-247 (Back Problems; Posture Problems) 247-248 (Back and Posture Improvement and Maintenance) 249 (The Mechanics of Lifting) 250 (PRE and Injury) 262 (Fit Fact) 275 (Fit Fact) 298 (Overcoming Barriers) 384-385 (Saying No) 397 (Prevention of Cyberbullying) 408-410 (Making Healthy Lifestyle Choices)</p>
<p>PE.912.L.3.6: (continued)</p>		<p>87 (Overuse Injuries) 98 (Flexibility Exercises) 124 (web icon for lesson 2, web topic 2: That's Gonna Leave a Mark!) 130 (web icon for lesson 2, web topic 3: Concussions) 176 (Aerobic Dance) 184 (Assessing Jogging Techniques) 207 (Isokinetic Exercise Machines) 224 (Building Power) 245 (introductory paragraph) 275 (Rehabilitation From Injury and Medical Problems) 275 (web icon for lesson 1, web topic 2: Physical and Occupational Therapy) 276 (Range-of-Motion Exercise) 305 (web icon for lesson 1, web topic 2: Metabolic Syndrome) 305 (web icon for lesson 1, web topic 3: Eating Disorders) 408 (Sleep Tracking) 408 (Fit Fact) 409 (Fit Fact)</p>

<p>PE.912.L.4.1:</p>	<p>Design a personal fitness program.</p> <p>Remarks/Examples: Some examples of things to consider when designing a personal fitness program are timelines and current fitness level.</p>	<p>11-16 (Self-Assessment: Physical Fitness Challenges) 36-42 (Self-Assessment: Practicing Physical Fitness Tests) 53 (web icon for lesson 1, web topic 2: Goal Setting) 57-60 (Self-Assessment: Assessing Muscle Fitness) 61-64 (The Five Steps of Program Planning) 61 (web icon for lesson 2, web topic 2: Steps in Program Planning) 80-81 (Self-Assessment: Body Composition and Flexibility) 100-101 (Self-Assessment: PACER and Trunk Lift) 119-123 (Self-Assessment: Assessing Skill-Related Physical Fitness) 143 (Self-Assessment: Walking Test) 144-147 (entire lesson, Preparing a Moderate Physical Activity Plan) 161-162 (Self-Assessment: Step Test and One-Mile Run Test) 184-185 (Self-Assessment: Assessing Jogging Techniques) 188-192 (Preparing a Vigorous Physical Activity Plan) 210-217 (Self-Assessment: Muscle Fitness Testing) 258-260 (Self-Assessment: Healthy Back Test) 265-268 (Planning a Muscle Fitness Exercise Program) 282-285 (Self-Assessment: Arm, Leg, and Trunk Flexibility) 288-291 (Planning a Flexibility Exercise Program) 312-316 (Self-Assessment: Body Measurements) 327-333 (entire lesson, Physical Activity and Fitness Assessment) 334-335 (Self-Assessment: Your Personal Fitness Test Battery) 352 (Self-Assessment: Assessing Your Posture) 373-376 (Self-Assessment: Energy Balance)</p>
<p>PE.912.L.4.1: <i>(continued)</i></p>		<p>8 (web icon for lesson 1, web topic 4: Warm-Up = Hot Topic) 26 (web icon for lesson 2, web topic 4: Dynamic and Stretching Warm-Ups: What's the Difference?) 34 (Step 5: Practicing a Self-Directed Healthy Lifestyle) 46 (table) 66 (Using Self-Planning Skills) 103 (web icon for lesson 2, web topic 2: Fitness Test Battery) 208 (web icon for lesson 1, web topic 3: Measuring Strength) 220 (web icon for lesson 2, web topic 3: Resistance Training for Youth) 268 (web icon for lesson 2, web topic 3: Periodization) 431 (Step 3: Prepare a Plan)</p>

PE.912.L.4.2:	Identify ways to self-assess and modify a personal fitness program.	11-16 (Self-Assessment: Physical Fitness Challenges) 35 (Step 6: Achieving Lifelong Fitness, Health, and Wellness) 35 (Fitness Technology: Fitnessgram) 36-42 (Self-Assessment: Practicing Physical Fitness Tests) 43-44 (Stages of Change for a Healthy Lifestyle) 53 (web icon for lesson 1, web topic 2: Goal Setting) 55 (web icon for lesson 1, web topic 3: FitPhones?) 57-60 (Self-Assessment: Assessing Muscle Fitness) 61-64 (The Five Steps of Program Planning (step 5)) 61 (web icon for lesson 2, web topic 2: Steps in Program Planning) 80-81 (Self-Assessment: Body Composition and Flexibility) 100-101 (Self-Assessment: PACER and Trunk Lift) 103 (web icon for lesson 2, web topic 2: Fitness Test Battery) 119-123 (Self-Assessment: Assessing Skill-Related Physical Fitness) 143 (Self-Assessment: Walking Test) 144-147 (Preparing a Moderate Physical Activity Plan (step 5)) 147 (web icon for lesson 2, web topic 3: Logging Your Behaviors) 161-162 (Self-Assessment: Step Test and One-Mile Run Test) 184-185 (Self-Assessment: Assessing Jogging Techniques) 188-192 (Preparing a Vigorous Act. Plan (step 5)) 210-217 (Self-Assessment: Muscle Fitness Testing) 258-260 (Self-Assessment: Healthy Back Test) 265-268 (Planning a Muscle Fitness Exercise Program (step 5)) 282-285 (Self-Assessment: Arm, Leg, and Trunk Flexibility) 288-291 (Planning a Flexibility Exercise Program (step 5)) 312-316 (Self-Assessment: Body Measurements) 327-333 (Physical Activity and Fitness Assessment (step 5)) 334-335 (Self-Assessment: Your Personal Fitness Test Battery) 352 (Self-Assessment: Assessing Your Posture) 373-376 (Self-Assessment: Energy Balance) 461 (Self-Assessment: Modifying Rules in Games)
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<p>PE.912.L.4.2: (continued)</p>		<p>34 (Step 5: Practicing a Self-Directed Healthy Lifestyle) 43 (web icon for lesson 2, web topic 2: What Stage Are You At?) 46 (table) 66 (Using Self-Planning Skills) 98 (web icon for lesson 1, web topic 3: Activitygram) 101 (web icon for lesson 1, web topic 4: What Is My Aerobic Capacity?) 142 (web icon for lesson 1, web topic 3: Keeping Track of Physical Activity) 157 (web icon for lesson 1, web topic 3: Monitoring Heart Rate) 160 (web icon for lesson 1, web topic 4: Graded Exercise Test and Aerobic Capacity) 166 (web icon for lesson 2, web topic 3: Calculating Your Target Heart Rate Zone) 208 (web icon for lesson 1, web topic 3: Measuring Strength) 321 (web icon for lesson 2, web topic 3: Estimating Energy Requirements) 330 (both columns below table) 355-356 (Evaluating Exercise Videos) 373 (web icon for lesson 1, web topic 4: Food Logs) 383 (Eating Before Physical Activity) 431 (Step 3: Prepare a Plan) 458 (Making and Enforcing Rules)</p>
<p>PE.912.L.4.3:</p>	<p>Identify strategies for setting goals when developing a personal fitness program.</p>	<p>1 (Healthy People 2020 Goals) 18-19 (Personal Health and Community Health) 53-56 (entire lesson, Goal Setting) 53 (web icon for lesson 1, web topic 2: Goal Setting) 56 (Optimal Challenge) 62-63 (Step 3: Set Goals) 67 (Taking Charge: Setting Goals) 67-68 (Skills for Setting Goals) 135 (Healthy People 2020 Goals) 145-146 (Step 3: Set Goals) 191 (Step 3: Set Goals) 197 (Healthy People 2020 Goals) 265-266 (Step 3: Set Goals) 289-291 (Step 3: Set Goals) 301 (Healthy People 2020 Goals) 329-330 (Step 3: Set Goals) 421 (Healthy People 2020 Goals)</p>

<p>PE.912.L.4.3: (continued)</p>		<p>45-46 (Skills That Help You Make Changes) 46 (table: Self-Management Skills) 53 (Fit Fact) 54 (Fit Fact) 56 (Quote) 61 (web icon for lesson 2, web topic 2: Steps in Program Planning) 68 (Academic Connection: Mnemonics and Acronyms) 98 (web icon for lesson 1, web topic 3: Activitygram) 103 (web icon for lesson 2, web topic 2: Fitness Test Battery) 106-107 (Learning to Self-Monitor) 142 (web icon for lesson 1, web topic 3: Keeping Track of Physical Activity) 147 (web icon for lesson 1, web topic 3: Logging Your Behaviors) 170-171 (Skills for Building Self-Confidence) 187 (web icon for lesson 2, web topic 2: Fitness for Active Sports) 210 (Muscle Fitness Testing) 241 (Skills for Preventing Relapse) 268 (web icon for lesson 2, web topic 3: Periodization) 298 (Skills for Overcoming Barriers) 327 (Fit Fact) 418 (Skills for Thinking Success) 429 (Quote) 451 (Be realistic) 455-458 (Teams and Teamwork) 456 (table) 457 (Science in Action: Group Cohesiveness)</p>
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PE.912.L.4.4:	Use available technology to assess, design and evaluate a personal fitness program.	<p>7 (Fitness Technology: World Wide Web) 7 (web icon for lesson 1, web topic 3: World Wide Web) 35 (Fitness Technology: Fitnessgram) 55 (Fitness Technology: Smartphones and Tablet Computers) 55 (web icon for lesson 1, web topic 3: FitPhones?) 65 (Consumer Corner: Too Good to Be True) 73-74 (Medical Readiness) 98 (Fitness Technology: Activitygram) 103 (Science in Action: Personal Fitness Assessment) 103 (web icon for lesson 2, web topic 2: Fitness Test Battery) 113 (Fitness Technology: Motion Analysis Systems) 130 (Consumer Corner: Putting Technology Into Action) 142 (Fitness Technology: Pedometers and Accelerometers) 157 (Fitness Technology: Heart Rate Monitors) 177 (Fitness Technology: Global Positioning System) 192 (Consumer Corner: Using the Web for Fitness, Health, and Wellness Information) 207 (Fitness Technology: Isokinetic Exercise Machines) 246 (Fitness Technology: Exercise Machines With Memory) 279 (Fitness Technology: Goniometers) 306-309 (Laboratory Measurements for Assessing Body Composition) 310 (Fitness Technology: Bioelectrical Impedance Analysis) 333 (Fitness Technology: Swim Watches) 343 (Project: prepare Fitnessgram report) 347 (Consumer Corner: Reliable Consumer Groups) 347 (web icon for lesson 1, web topic 2: Reliable Web Resources) 351 (Fitness Technology: Quack Machines) 356-357 (Evaluating Internet Resources) 361 (Project: evaluate club or media information) 393 (web icon for lesson 1, web topic 3: Teen Resources (Hotlines and Social Support)) 403 (Academic Connection: Literacy) 416 (Consumer Corner: Consumer Communities) 435 (Project: investigate, prepare blog or podcast)</p>
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<p>PE.912.L.4.4: (continued)</p>	<p>440 (Science in Action: Biomechanical Analysis) 446 (Fitness Technology: Movement Analysis Apps) 466 (Fitness Technology: Social Support) 80 (web icon for lesson 1, web topic 4: BMI Calculator) 98 (web icon for lesson 1, web topic 3: Activitygram) 142 (web icon for lesson 1, web topic 3: Keeping Track of Physical Activity) 157 (web icon for lesson 1, web topic 3: Monitoring Heart Rate) 160 (web icon for lesson 1, web topic 4: Graded Exercise Test and Aerobic Capacity) 166 (web icon for lesson 2, web topic 3: Calculating Your Target Heart Rate Zone) 189 (web icon for lesson 2, web topic 3: How Hard Is That Activity?) 207 (web icon for lesson 1, web topic 2: Isokinetic Machines) 223 (Fit Fact) 321 (web icon for lesson 2, web topic 3: Estimating Energy Requirements) 359 (Academic Connection: Critical Thinking Skills)</p>
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<p>PE.912.L.4.5:</p>	<p>Apply the principles of training to personal fitness goals.</p> <p>Remarks/Examples: Some examples of training principles are overload, specificity and progression.</p>	<p>36-42 (Self-Assessment: Practicing Physical Fitness Tests) 57-60 (Self-Assessment: Assessing Muscle Fitness) 80-81 (Self-Assessment: Body Composition and Flexibility) 93 (web icon for lesson 1, web topic 2: The Principle of Overload) 100-101 (Self-Assessment: PACER and Trunk Lift) 127 (Risky Exercises) 139-140 (How Much Moderate Physical Activity Is Enough?) 161-162 (Self-Assessment: Step Test and One-Mile Run Test) 163-164 (How Much Vigorous Activity Is Enough?) 184-185 (Self-Assessment: Assessing Jogging Techniques) 201-203 (Muscle Fitness Facts) 204-205 (Fitness Principles and Muscle Fitness) 205-208 (Muscle and Muscle Biomechanics) 207 (Fitness Technology: Isokinetic Exercise Machines) 208-209 (Muscle Fitness Assessment) 209 (Absolute Versus Relative Strength) 210-217 (Self-Assessment: Muscle Fitness Testing) 218-226 (entire lesson, Building Muscle Fitness) 218 (web icon for lesson 2, web topic 2: Milo of Crotona: Progression and Overload Illustrated) 242 (Taking Action: Resistance Machine Exercises) 245-250 (entire lesson, Core Fitness, Posture, and Back Care) 249 (Science in Action: The Mechanics of Lifting) 258-260 (Self-Assessment: Healthy Back Test) 261-264 (Ergogenic Aids) 265-268 (Preparing a Muscle Fitness Exercise Program) 273-275 (Benefits of Good Flexibility) 286 (Yoga, Tai Chi, and Pilates) 288-291 (Planning a Flexibility Exercise Program) 312-316 (Self-Assessment: Body Measurements) 327-333 (entire lesson, Physical Activity and Fitness Assessment) 334-335 (Self-Assessment: Your Personal Fitness Test Battery) 352 (Self-Assessment: Assessing Your Posture)</p>
<p>PE.912.L.4.5: (continued)</p>		<p>112 (web icon for lesson 1, web topic 2: Training Skill-Related Fitness) 139 (web icon for lesson 1, web topic 2: Humans Have Three Gears) 145 (web icon for lesson 1, web topic 2: Get Started With Moderate Physical Activity) 154 (web icon for lesson 1, web topic 2: Making My Body Make Stuff!) 164 (web icon for lesson 2, web topic 2: How Are You Feeling?) 181 (web icon for lesson 1, web topic 3: Bursts of Energy and Interval Training) 268 (web icon for lesson 2, web topic 3: Periodization) 270 (Your Muscle Fitness Exercise Plan) 320 (web icon for lesson 2, web topic 2: How Physical Activity Helps You Maintain a Healthy Weight)</p>

PE.912.L.4.6:	Identify health-related problems associated with low levels of cardiorespiratory endurance, muscular strength and endurance, flexibility and body composition.	35 (Fitness Technology: Fitnessgram) 73-74 (Medical Readiness) 74-78 (Readiness for Extreme Environmental Conditions) 82-87 (entire lesson, Health and Wellness Benefits) 88-89 (Reducing Risk Factors) 89 (Academic Connection: Statistics) 94-95 (FITT Formula) 102-105 (entire lesson, How Much Fitness is Enough?) 106-107 (Learning to Self-Monitor) 124-126 (Common Injuries; Preventing Injury) 127-129 (Risky Exercises) 160 (How Much Cardiorespiratory Endurance Is Enough?) 160 (Science in Action: Aerobic Capacity) 188-191 (Preparing a Vigorous Physical Activity Plan) 195 (Taking Action: Your Vigorous Physical Activity Plan) 208-209 (Muscle Fitness Assessment) 246-247 (Back Problems) 247 (Posture Problems) 249 (The Mechanics of Lifting) 310-311 (What Is My Ideal Body Weight?) 327-333 (entire lesson, Physical Activity and Fitness Assessment) 342 (Taking Action: Your Physical Activity Plan)
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<p>PE.912.L.4.6: (continued)</p>	<p>3 (The Scientific Method) 35 (web icon for lesson 1, web topic 3: Fitnessgram) 61 (Step 1: Determine Your Personal Needs) 64 (Step 5: Keep a Log and Evaluate Your Program) 82 (web icon for lesson 2, web topic 2: Heartbroken: The Truth About America's Number 1 Killer) 84 (web icon for lesson 2, web topic 4: Risk Factors) 88 (Skills for Reducing Risk Factors) 140 (table: FIT Formulas for Health and Wellness Benefits From Moderate Physical Activity) 144 (Step 1: Determine Your Personal Needs) 147 (Step 5: Keep a Log and Evaluate Your Program) 188 (Step 1: Determine Your Personal Needs) 241 (Preventing Relapse) 243 (Project) 248 (Healthy Back Test) 265 (Step 1: Determine Your Personal Needs) 269 (Skills for Finding Social Support) 278 (table: FIT Formula and Fitness Target Zones for Stretching Exercise) 279 (Fitness Technology: Goniometers) 288-289 (Step 1: Determine Your Personal Needs) 305 (web icon for lesson 1, web topic 2: Metabolic Syndrome) 305 (web icon for lesson 1, web topic 3: Eating Disorders) 307 (web icon for lesson 1, web topic 4: Media Distortions of the Body) 318 (table: FIT Formula for Fat Control) 327 (Step 1: Determine Your Personal Needs) 333 (Fitness Technology: Swim Watches) 337 (table: Self-Management Skills) 358-359 (Skills for Thinking Critically) 404 (Taking Action: Relaxation Exercises) 414 (Step 1: Determine Your Personal Needs) 431 (Step 2: Collect New Information)</p>
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PE.912.L.4.7:	Evaluate how to make changes in an individual wellness plan as lifestyle changes occur.	18 (figure: The total health and wellness chain) 29-31 (Determinants of Fitness, Health, Wellness) 31 (Science in Action: Heredity and Fitness, Health, and Wellness) 33-35 (Stairway to Lifetime Fitness, Health, and Wellness) 34 (figure: The Stairway to Lifetime Fitness, Health, and Wellness) 43-44 (Stages of Change for a Healthy Lifestyle) 43 (web icon for lesson 2, web topic 2: What Stage Are You At?) 45-47 (Self-Management Skills) 48-49 (Skills for Building Knowledge and Understanding) 61-64 (The Five Steps of Program Planning (step 5)) 144-147 (Preparing a Moderate Physical Activity Plan (step 5)) 188-192 (Preparing a Vigorous Physical Activity Plan (step 5)) 192 (Consumer Corner: Using the Web for Fitness, Health, and Wellness Information) 265-268 (Planning a Muscle Fitness Exercise Program (step 5)) 288-291 (Planning a Flexibility Exercise Program (step 5)) 305 (Body Fatness, Health, and Wellness) 307 (Science in Action: Media Misrepresentation) 327-333 (Physical Activity and Fitness Assessment (step 5)) 413 (Healthy Lifestyle Questionnaire) 414-415 (Healthy Lifestyle Planning (step 5)) 462-467 (entire lesson, Active Living Opportunities)
PE.912.L.4.7: <i>(continued)</i>		3-4 (The Scientific Method) 5 (Fit Fact) 17 (introduction) 18 (Personal Health and Community Health) 24 (Learning to Self-Assess) 27 (Thinking Critically) 27 (Project) 61 (web icon for lesson 2, web topic 2: Steps in Program Planning) 147 (web icon for lesson 1, web topic 3: Logging Your Behaviors) 160 (web icon for lesson 1, web topic 4: Graded Exercise Test and Aerobic Capacity) 373 (web icon for lesson 1, web topic 4: Food Logs) 378 (web icon for lesson 2, web topic 2: Serving Sizes) 416 (Consumer Corner: Consumer Communities) 419 (Your Healthy Lifestyle Plan)

<p>PE.912.M.1.12:</p>	<p>Select and perform complex movements using a variety of equipment which lead to improved or maintained muscular strength and endurance.</p> <p>Remarks/Examples: An example is performing plyometrics.</p>	<p>36-42 (Self-Assessment: Practicing Physical Fitness Tests) 57-60 (Self-Assessment: Assessing Muscle Fitness) 80-81 (Self-Assessment: Body Composition and Flexibility) 100-101 (Self-Assessment: PACER and Trunk Lift) 161-162 (Self-Assessment: Step Test and One-Mile Run Test) 201-203 (Muscle Fitness Facts) 204-205 (Fitness Principles and Muscle Fitness) 205-208 (Muscles and Muscle Biomechanics) 206 (plyometrics) 207 (Fitness Technology: Isokinetic Exercise Machines) 208-209 (Muscle Fitness Assessment) 209 (Absolute Versus Relative Strength) 210-217 (Self-Assessment: Muscle Fitness Testing) 218-226 (entire lesson, Building Muscle Fitness) 227-231 (Free Weight Exercises) 232-236 (Resistance Machine Exercises) 237-240 (Isometric Exercises) 242 (Taking Action: Resistance Machine Exercises) 245-250 (entire lesson, Core Fitness, Posture, and Back Care) 249 (Science in Action: The Mechanics of Lifting) 251-254 (Core Muscle Fitness Exercises) 255-257 (Calisthenics) 258-260 (Self-Assessment: Healthy Back Test) 261-264 (Ergogenic Aids) 265-268 (Planning a Muscle Fitness Exercise Program) 273-275 (Benefits of Good Flexibility) 286-287 (Yoga, Tai Chi, and Pilates) 288-291 (Planning a Flexibility Exercise Program) 312-316 (Self-Assessment: Body Measurements) 327-333 (entire lesson, Physical Activity and Fitness Assessment) 334-335 (Self-Assessment: Your Personal Fitness Test Battery) 352 (Self-Assessment: Assessing Your Posture)</p>
<p>PE.912.M.1.12: (continued)</p>		<p>207 (web icon for lesson 1, web topic 2: Isokinetic Machines) 208 (web icon for lesson 1, web topic 3: Measuring Strength) 270 (Your Muscle Fitness Exercise Plan) 286 (web icon for lesson 2, web topic 2: Yoga and Tai Chi)</p>

PE.912.M.1.13:	Perform a student-designed cardiorespiratory enhancing workout.	188-191 (Preparing a Vigorous Physical Activity Plan) 195 (Taking Action: Your Vigorous Physical Activity Plan) 327-333 (entire lesson, Physical Activity and Fitness Assessment) 342 (Taking Action: Your Physical Activity Plan) 50 (web icon for lesson 2, web topic 3: Work Out in the Outdoors?) 154 (web icon for lesson 1, web topic 2: Making My Body Make Stuff!) 157 (web icon for lesson 1, web topic 3: Monitoring Heart Rate) 166 (web icon for lesson 2, web topic 3: Calculating Your Target Heart Rate Zone) 176 (web icon for lesson 1, web topic 2: That's Hot!) 181 (web icon for lesson 1, web topic 3: Bursts of Energy and Interval Training)
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<p>PE.912.M.1.14:</p>	<p>Utilize technology to assess, enhance and maintain health and skill-related fitness levels.</p> <p>Remarks/Examples: Some examples of technology are Excel spreadsheets or web based programs to chart or log activities, heart rate monitors, videotapes or digital cameras.</p>	<p>7 (Fitness Technology: World Wide Web) 35 (Fitness Technology: Fitnessgram) 35 (web icon for lesson 1, web topic 3: Fitnessgram) 55 (Fitness Technology: Smartphones and Tablet Computers) 65 (Consumer Corner: Too Good to Be True) 98 (Fitness Technology: Activitygram) 98 (web icon for lesson 1, web topic 3: Activitygram) 103 (Science in Action: Personal Fitness Assessment) 113 (Fitness Technology: Motion Analysis Systems) 130 (Consumer Corner: Putting Technology Into Action) 142 (Fitness Technology: Pedometers and Accelerometers) 157 (Fitness Technology: Heart Rate Monitors) 177 (Fitness Technology: Global Positioning System) 192 (Consumer Corner: Using the Web for Fitness, Health, and Wellness Information) 207 (Fitness Technology: Isokinetic Exercise Machines) 246 (Fitness Technology: Exercise Machines With Memory) 306-309 (Laboratory Measurements for Assessing Body Composition) 310 (Fitness Technology: Bioelectrical Impedance Analysis) 333 (Fitness Technology: Swim Watches) 347 (Consumer Corner: Reliable Consumer Groups) 347 (web icon for lesson 1, web topic 2: Reliable Web Resources) 351 (Fitness Technology: Quack Machines) 356-357 (Evaluating Internet Resources) 381 (Fitness Technology: What's in Your Food?) 393 (web icon for lesson 1, web topic 3: Teen Resources (Hotlines and Social Support)) 397 (Fitness Technology: Prevention of Cyberbullying) 403 (Academic Connection: Literacy) 408 (Fitness Technology: Sleep Tracking) 416 (Consumer Corner: Consumer Communities) 432 (Fitness Technology: Computers Keep Getting Smarter) 440 (Science in Action: Biomechanical Analysis) 446 (Fitness Technology: Movement Analysis Apps)</p>
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<p>PE.912.M.1.14: (continued)</p>		<p>55 (web icon for lesson 1, web topic 3: FitPhones?) 80 (web icon for lesson 1, web topic 4: BMI Calculator) 103 (web icon for lesson 2, web topic 2: Fitness Test Battery) 142 (web icon for lesson 1, web topic 3: Keeping Track of Physical Activity) 160 (web icon for lesson 1, web topic 4: Graded Exercise Test and Aerobic Capacity) 166 (web icon for lesson 2, web topic 3: Calculating Your Target Heart Rate Zone) 207 (web icon for lesson 1, web topic 2: Isokinetic Machines) 223 (Fit Fact) 321 (web icon for lesson 2, web topic 3: Estimating Energy Requirements) 359 (Academic Connection: Critical Thinking Skills)</p>
<p>PE.912.M.1.15:</p>	<p>Select and apply sport/activity specific warm-up and cool-down techniques.</p>	<p>8-9 (Science in Action: Guidelines for Warming Up and Cooling Down) 8 (web icon for lesson 1, web topic 4: Warm-Up = Hot Topic) 26 (web icon for lesson 2, web topic 4: Dynamic and Stretching Warm-Ups: What's the Difference?) 278-279 (Ballistic Stretching) 280 (Science in Action: Dynamic Movement Exercise) 287-288 (Guidelines for Flexibility Exercise) 3 (Lesson Vocabulary) 11 (Self-Assessment: Physical Fitness Challenges) 42 (Test of Flexibility) 64 (figure: Jordan's two-week written program plan) 69 (Exercise Circuits) 79 (Other General Preparation Guidelines) 172 (Target Heart Rate Workouts) 186 (Safety Tips for Vigorous Physical Activity) 195 (Your Vigorous Physical Activity Plan) 210 (Self-Assessment: Muscle Fitness Testing) 270 (Your Muscle Fitness Exercise Plan) 273 (introduction) 282 (Self-Assessment: Arm, Leg, and Trunk Flexibility) 289 (Step 2: Consider Your Program Options) 290 (figure: Elijah's written flexibility exercise plan) 291 (top of left column) 299 (Your Flexibility Exercise Plan) 329 (Step 3: Set Goals) 356 (top of left column)</p>

PE.912.M.1.19:	Use correct body alignment, strength, flexibility and coordination in the performance of technical movements.	227-231 (Free Weight Exercises) 232-236 (Resistance Machine Exercises) 237-240 (Isometric Exercises) 245 (Core Muscles) 246-247 (Back Problems) 247 (Posture Problems) 247-248 (Back and Posture Improvement and Maintenance) 248 (Biomechanical Principles for Lifting, Carrying, and Moving Objects) 249 (Science in Action: The Mechanics of Lifting) 250 (PRE and Injury) 251-254 (Core Muscle Fitness Exercises) 255-257 (Calisthenics) 258-260 (Self-Assessment: Healthy Back Test) 275 (Rehabilitation From Injury and Medical Problems) 279-280 (Balancing Muscle Fitness and Flexibility) 287-288 (Guidelines for Flexibility Exercise) 292-297 (Flexibility Exercises) 352 (Self-Assessment: Assessing Your Posture) 286 (web icon for lesson 2, web topic 2: Yoga and Tai Chi) 287 (web icon for lesson 2, web topic 3: Safe Flexibility for You and Your Elders)
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<p>PE.912.M.1.34:</p>	<p>Demonstrate use of the mechanical principles as they apply to specific course activities.</p> <p>Remarks/Examples: Some examples are balance, force and leverage.</p>	<p>36-42 (Self-Assessment: Practicing Physical Fitness Tests) 57-60 (Self-Assessment: Assessing Muscle Fitness) 80-81 (Self-Assessment: Body Composition and Flexibility) 100-101 (Self-Assessment: PACER and Trunk Lift) 127 (Risky Exercises) 161-162 (Self-Assessment: Step Test and One-Mile Run Test) 184-185 (Self-Assessment: Assessing Jogging Techniques) 201-203 (Muscle Fitness Facts) 205-208 (Muscles and Muscle Biomechanics) 210-217 (Self-Assessment: Muscle Fitness Testing) 242 (Taking Action: Resistance Machine Exercises) 245-250 (entire lesson, Core Fitness, Posture, and Back Care) 249 (Science in Action: The Mechanics of Lifting) 258-260 (Self-Assessment: Healthy Back Test) 273-275 (Benefits of Good Flexibility) 312-316 (Self-Assessment: Body Measurements) 334-335 (Self-Assessment: Your Personal Fitness Test Battery) 352 (Self-Assessment: Assessing Your Posture) 437-438 (Biomechanical Principles) 439-441 (Fundamental Skills: Stance and Locomotor Skills) 440 (Science in Action: Biomechanical Analysis) 442 (Self-Assessment: Analyzing Basic Skills) 443-449 (entire lesson, Moving Implements and Objects) 452 (Applying Principles)</p>
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<p>PE.912.M.1.35:</p>	<p>Select proper equipment and apply all appropriate safety procedures necessary for participation.</p>	<p>8-9 (Science in Action: Guidelines for Warming Up and Cooling Down) 8 (web icon for lesson 1, web topic 4: Warm-Up = Hot Topic) 26 (web icon for lesson 2, web topic 4: Dynamic and Stretching Warm-Ups: What's the Difference?) 73-79 (entire lesson, Safe and Smart Physical Activity) 75 (Science in Action: Science Prepares Us for Safe Exercise) 124-130 (entire lesson, Physical Activity and Injury) 133 (Safe Exercise Circuit) 186 (Safety Tips (equipment)) 204 (Science in Action: Resistance Exercise Among Youth) 221 (Make sure that your workout area is safe) 222 (Practicing Proper Exercise and Spotting Technique) 241-242 (Preventing Relapse) 246-247 (Back Problems; Posture Problems) 247-248 (Back and Posture Improvement and Maintenance) 249 (Science in Action: The Mechanics of Lifting) 250 (PRE and Injury) 262 (Fit Fact) 275 (Fit Fact) 354-355 (Exercise Equipment) 408-412 (Making Healthy Lifestyle Choices) 459 (Etiquette in Physical Activity)</p>
<p>PE.912.M.1.35: (continued)</p>		<p>83 (web icon for lesson 2, web topic 3: The ABCs of AEDs) 87 (Overuse Injuries) 98 (Flexibility Exercises) 176 (Aerobic Dance) 184 (Assessing Jogging Techniques) 186 (Safety Tips for Vigorous Physical Activity) 187-188 (Finding the Best Vigorous Activities for You) 188 (photo) 207 (Fitness Technology: Isokinetic Exercise Machines) 220 (web icon for lesson 2, web topic 3: Resistance Training for Youth) 224 (Building Power) 245 (introductory paragraph) 269 (Get proper equipment) 275 (Rehabilitation From Injury and Medical Problems) 276 (Range-of-Motion Exercise) 287 (web icon for lesson 2, web topic 3: Safe Flexibility for You and Your Elders) 353-354 (Evaluating Health Clubs) 358-359 (Skills for Thinking Critically) 409 (Fit Fact) 455 (Lesson Vocabulary: etiquette)</p>

PE.912.M.1.5:	Apply strategies for self-improvement based on individual strengths and needs.	3-4 (The Scientific Method) 24-25 (Skills for Learning to Self-Assess) 61-66 (entire lesson, Program Planning) 144-147 (entire lesson, Preparing a Moderate Physical Activity Plan) 148-149 (Skills for Managing Time) 188-192 (Preparing a Vigorous Physical Activity Plan) 265-267 (Planning a Muscle Fitness Exercise Program) 288-291 (Planning a Flexibility Exercise Program) 298 (Skills for Overcoming Barriers) 327-333 (entire lesson, Physical Activity and Fitness Assessment) 371-372 (The Ideal Diet?) 377-378 (Servings and Portions) 382-383 (Nutrition Advertising Strategies and Tactics) 384-385 (Skills for Saying No) 395-398 (entire lesson, Managing Stress) 414-415 (Healthy Lifestyle Planning) 429-432 (entire lesson, Strategy and Tactics) 433 (Skills for Developing Tactics) 17 (introduction) 31 (Healthy Lifestyle Choices) 31 (Fit Fact) 32 (Feeling Good) 34-35 (Steps 4, 5, and 6) 43 (Stages of Change for a Healthy Lifestyle) 46 (table, second #1) 53 (introductory paragraph) 85 (Obesity) 86 (Other Hypokinetic Conditions) 93 (web icon for lesson 1, web topic 2: The Principle of Overload) 105 (Fit Fact) 126 (Use moderation)
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<p>PE.912.M.1.5: (continued)</p>		<p>140 (Science in Action: Sedentary Living) 147 (web icon for lesson 1, web topic 3: Logging Your Behaviors) 150 (Taking Action: Your Moderate Physical Activity Plan) 187 (web icon for lesson 2, web topic 2: Fitness for Active Sports) 192 (Consumer Corner: Using the Web for Fitness, Health, and Wellness Information) 195 (Taking Action: Your Vigorous Physical Activity Plan) 246-247 (Back Problems) 261 (introduction) 264 (Fit Fact) 268 (web icon for lesson 2, web topic 3: Periodization) 270 (Taking Action: Your Muscle Fitness Exercise Plan) 299 (Taking Action: Your Flexibility Exercise Plan) 303 (Fit Fact) 306 (Fit Fact) 337 (table, second #1) 338 (web icon for lesson 2, web topic 3: Changing Negative Attitudes) 339 (Fit Fact) 342 (Taking Action: Your Physical Activity Plan) 373 (web icon for lesson 1, web topic 4: Food Logs) 382 (Nutrition Advertising Strategies and Tactics) 408 (Fitness Technology: Sleep Tracking) 408 (Fit Fact) 419 (Taking Action: Your Healthy Lifestyle Plan) 424 (Fit Fact) 458 (Fit Fact)</p>
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PE.912.R.5.2:	Develop strategies for including persons of diverse backgrounds and abilities while participating in a variety of physical activities.	72, 99, 114, 116, 130, 166, 184, 195, 202, 244, 287, 388, 391, 397, 404, 405, 409, 415, 431, 446, 447, 452, 457, 464, 467 (photos: portraying diversity) 111-112 (Skill-Related Fitness) 131-132 (Skills for Improving Performance) 141 (Fit Fact) 145 (web icon for lesson 2, web topic 2: Get Started With Moderate Physical Activity) 176 (Cooper’s Aerobics) 193-194 (Skills for Choosing Good Activities) 269 (Skills for Finding Social Support) 286-287 (Yoga, Tai Chi, and Pilates) 340-341 (Changing Attitudes) 418 (Skills for Thinking Success) 425 (web icon for lesson 1, web topic 3: The Importance of Physical Education) 459 (Etiquette in Physical Activity) 459-460 (Diversity: Respect for Others) 465-466 (Daring to Try) 465 (figure: optimal challenge) 466 (Fitness Technology: Social Support) 467 (Helping Others in Physical Activity) 177 (Dance) 353 (introduction) 384 (Saying No) 426-427 (Dance Education) 478 (tai chi) 478 (yoga)
PE.912.R.5.3:	Demonstrate sportsmanship during game situations. Remarks/Examples: Some examples are controlling emotions, resolving conflicts, respecting opponents and officials, and accepting both victory and defeat.	455-458 (Teams and Teamwork) 455 (web icon for lesson 1, web topic 2: Are You a Leader?) 457 (Science in Action: Group Cohesiveness) 458-459 (Making and Enforcing Rules) 459 (Etiquette in Physical Activity) 459-460 (Diversity: Respect for Others) 460 (Sportsmanship) 460 (Sensitivity, Trust, and Respect) 460 (web icon for lesson 1, web topic 4: YOLO, So Don't Be a Bully) 468 (Skills for Conflict Resolution) 455 (Lesson Vocabulary, sportsmanship) 458 (Fit Fact) 477 (definition, sportsmanship)

<p>PE.912.R.5.5:</p>	<p>Demonstrate appropriate etiquette, care of equipment, respect for facilities and safe behaviors while participating in a variety of physical activities.</p>	<p>8-9 (Science in Action: Guidelines for Warming Up and Cooling Down) 8 (web icon for lesson 1, web topic 4: Warm-Up = Hot Topic) 26 (web icon for lesson 2, web topic 4: Dynamic and Stretching Warm-Ups: What's the Difference?) 73-79 (entire lesson, Safe and Smart Physical Activity) 75 (Science in Action: Science Prepares Us for Safe Exercise) 88-89 (Reducing Risk Factors) 124-130 (entire lesson, Physical Activity and Injury) 133 (Safe Exercise Circuit) 186 (Safety Tips (equipment)) 204 (Science in Action: Resistance Exercise Among Youth) 221 (Make sure that your workout area is safe) 222 (Practicing Proper Exercise and Spotting Technique) 241 (Preventing Relapse) 246-247 (Back Problems; Posture Problems) 247-248 (Back and Posture Improvement and Maintenance) 249 (Science in Action: The Mechanics of Lifting) 250 (PRE and Injury) 262 (Fit Fact) 275 (Fit Fact) 298 (Overcoming Barriers) 354-355 (Exercise Equipment) 384-385 (Saying No) 408-412 (Making Healthy Lifestyle Choices) 459 (Etiquette in Physical Activity)</p>
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<p>PE.912.R.5.5: (continued)</p>		<p>87 (Overuse Injuries) 98 (Flexibility Exercises) 124 (web icon for lesson 2, web topic 2: That's Gonna Leave a Mark!) 176 (Aerobic Dance) 184 (Assessing Jogging Techniques) 186 (Safety Tips for Vigorous Physical Activity) 187-188 (Finding the Best Vigorous Activities for You) 188 (photo) 207 (Fitness Technology: Isokinetic Exercise Machines) 224 (Building Power) 245 (introductory paragraph) 269 (Get proper equipment) 275 (Rehabilitation From Injury and Medical Problems) 276 (Range-of-Motion Exercise) 353-354 (Evaluating Health Clubs) 358-359 (Skills for Thinking Critically) 409 (Fit Fact) 455 (Lesson Vocabulary, etiquette)</p>
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PE.912.R.6.1:	Discuss opportunities for participation in a variety of physical activities outside of the school setting that contribute to personal enjoyment and the attainment or maintenance of a healthy lifestyle.	61-64 (The Five Steps of Program Planning) 61 (web icon for lesson 2, web topic 2: Steps in Program Planning) 96-99 (The Physical Activity Pyramid) 115 (table: Skill-Related Benefits of Sports and Other Activities) 138 (table: Moderate Physical Activities for Teens) 144-147 (entire lesson, Preparing a Moderate Physical Activity Plan) 175-183 (entire lesson, Vigorous Aerobics, Sport, and Recreation) 185 (Beginner's Jogging Workout) 187-188 (Finding the Best Vigorous Activities for You) 188-192 (Preparing a Vigorous Physical Activity Plan) 190 (table: Health-Related Benefits of Selected Vigorous Physical Activities) 193-194 (Skills for Choosing Good Activities) 227-231 (Free Weight Exercises) 232-236 (Resistance Machine Exercises) 237-240 (Isometric Exercises) 251-254 (Core Muscle Fitness Exercises) 255-257 (Calisthenics) 265-268 (Planning a Muscle Fitness Exercise Program) 288-291 (Planning a Flexibility Exercise Program) 292-297 (Flexibility Exercises) 327-333 (entire lesson, Physical Activity and Fitness Assessment) 462-467 (entire lesson, Active Living Opportunities) 33-34 (Step 1: Making Healthy Lifestyle Choices) 49 (Academic Connection: Accurate Use of Words) 50 (web icon for lesson 2, web topic 3: Work Out in the Outdoors?) 145 (web icon for lesson 1, web topic 2: Get Started With Moderate Physical Activity) 245 (web icon for lesson 1, web topic 2: Building Core Muscles) 286 (web icon for lesson 2, web topic 2: Yoga and Tai Chi) 320 (web icon for lesson 2, web topic 2: How Physical Activity Helps You Maintain a Healthy Weight)
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<p>PE.912.R.6.2:</p>	<p>Analyze physical activities from which benefits can be derived.</p> <p>Remarks/Examples: Some examples of potential benefits are physical, mental, emotional and social.</p>	<p>31 (Science in Action: Heredity and Fitness, Health, and Wellness) 31 (Healthy Lifestyle Choices) 31 (web icon for lesson 1, web topic 2: Be Active, Stay Healthy!) 32-33 (Benefits of Healthy Lifestyles for Teens) 33-35 (Stairway to Lifetime Fitness, Health, and Wellness) 43-44 (Stages of Change for a Healthy Lifestyle) 45-47 (Self-Management Skills) 82-87 (entire lesson, Health and Wellness Benefits) 93-99 (entire lesson, How Much Physical Activity Is Enough?) 96 (The Physical Activity Pyramid) 113-114 (Building a Skill-Related Fitness Profile) 115 (table: Skill-Related Benefits of Sports and Other Activities) 126 (injury prevention guidelines) 127-129 (Risky Exercises) 133 (Safe Exercise Circuit) 139 (Why Should I Do Moderate Physical Activities?) 139-142 (How Much Moderate Physical Activity Is Enough?) 145 (Step 2: Consider Your Program Options) 154-158 (Benefits of Physical Activity and Cardiorespiratory Endurance) 175-183 (entire lesson, Vigorous Aerobics, Sport, and Recreation) 181 (Science in Action: Anaerobic Physical Activity) 189 (Step 2: Consider Your Program Options) 193 (Activity Participation) 218 (Health Benefits of PRE and Muscle Fitness) 223-225 (Clarifying Progressive Resistance Training Terms, and other headings) 227-231 (Free Weight Exercises) 232-236 (Resistance Machine Exercises) 237-240 (Isometric Exercises) 246-250 (Back Problems; Posture Problems; and other back and posture health headings) 251-254 (Core Muscle Fitness Exercises) 255-257 (Calisthenics) 273-275 (Benefits of Good Flexibility)</p>
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<p>PE.912.R.6.2: (continued)</p>		<p>286-287 (Yoga, Tai Chi, and Pilates) 289 (Step 2: Consider Your Program Options) 292-297 (Flexibility Exercises) 319 (table: Energy Expenditure) 320 (Physical Activity and Fat Loss) 327-329 (Step 2: Consider Your Program Options) 354-355 (Exercise Equipment) 355 (Evaluating Books and Articles) 355-356 (Evaluating Exercise Videos) 399-401 (Relaxation Exercises for Stress Management) 423-427 (entire lesson, Opportunities in Physical Education) 425 (Science in Action: Top 10 Reasons for High-Quality Physical Education) 145 (web icon for lesson 2, web topic 2: Get Started With Moderate Physical Activity) 154 (web icon for lesson 1, web topic 2: Making My Body Make Stuff!) 286 (web icon for lesson 2, web topic 2: Yoga and Tai Chi) 320 (web icon for lesson 2, web topic 2: How Physical Activity Helps You Maintain a Healthy Weight)</p>
<p>PE.912.R.6.3:</p>	<p>Analyze the roles of games, sports and/or physical activities in other cultures.</p>	<p>72, 99, 114, 116, 130, 166, 184, 195, 202, 244, 287, 388, 391, 397, 404, 405, 409, 415, 431, 446, 447, 452, 457, 464, 467 (photos: portraying diversity) 36 (Practicing Physical Fitness Tests: ALPHA-FIT) 112 (web icon for lesson 1, web topic 2: Training Skill-Related Fitness) 141 (Fit Fact) 176 (Cooper's Aerobics) 177 (Martial Arts Exercise) 286-287 (Yoga, Tai Chi, and Pilates) 341-342 (Changing Attitudes) 459 (Etiquette in Physical Activity) 459-460 (Diversity: Respect for Others) 100 (PACER: ALPHA-FIT) 177 (Dance) 286 (web icon for lesson 2, web topic 2: Yoga and Tai Chi) 353 (introduction) 384 (Saying No) 426-427 (Dance Education) 463 (web icon for lesson 2, web topic 3: Take the First Step) 478 (tai chi) 478 (yoga)</p>