

Lifetime Health & Fitness

The intention of this course is to provide students with a solid foundation of wellness and fitness knowledge that will empower them to be as healthy, well, and fit for a balanced and rewarding life. This course has two components. The first semester is textbook-based. Students will have weekly reading assignments from the text. There is a separate Test Packet included with the course materials. After each week's lesson, students will be asked to complete the test that corresponds with the lesson number that he/she has just completed. The second semester will be activity-based, around fitness and nutrition. Students will be introduced weekly to healthy foods, muscle groups to focus on and exercise, motivational thoughts, and hands-on activities.

- The Oak Meadow Health & Fitness Syllabus
- Holt *Lifetime Health*, by David P. Friedman, Curtis C. Stine, and Shannon Whalen, Holt, Rinehart and Winston, 2007

Outline of the Health & Fitness Syllabus:

- Lesson 1:** Chapter 1: *Leading a Healthy Life*
- Lesson 2:** Chapter 2: *Skills for a Healthy Life*
- Lesson 3:** Chapter 3: *Self-Esteem and Mental Health*
- Lesson 4:** Chapter 4: *Managing Stress and Coping with Loss*
- Lesson 5:** Chapter 5: *Preventing Violence and Abuse*
- Lesson 6:** Chapter 6: *Physical Fitness for Life*
- Lesson 7:** Chapter 7: *Nutrition for Life*
- Lesson 8:** Chapter 8: *Weight Management and Eating Behaviors*
- Lesson 9:** Chapter 9: *Understanding Drugs and Medicines*
- Lesson 10:** Chapter 10: *Alcohol*
Chapter 11: *Tobacco*
- Lesson 11:** Chapter 12: *Illegal Drugs*
- Lesson 12:** Chapter 13: *Preventing Infectious Diseases*
- Lesson 13:** Chapter 14: *Lifestyle Diseases*

- Lesson 14:** Chapter 15: *Other Diseases and Disabilities*
- Lesson 15:** Chapter 16: *Adolescence and Adulthood*
Chapter 17: *Marriage, Parenthood, and Families*
- Lesson 16:** Chapter 18: *Reproduction, Pregnancy, and Development*
- Lesson 17:** Chapter 19: *Building Responsible Relationships*
- Lesson 18:** Chapter 20: *Risks of Adolescent Sexual Activity*
Chapter 21: *HIV and AIDS*
- Lesson 19:** Walking, Attitude, Leadership
- Lesson 20:** Pull-ups and chin-ups, Work, Teamwork, Restraint
- Lesson 21:** Squats, Sportsmanship, Focus, Success
- Lesson 22:** Push-ups, Understanding, Patience, Public speaking
- Lesson 23:** Bridges, Planks, Honesty, Respect, Reverence
- Lesson 24:** Jumping rope, Knowledge, Role models, Concentration
- Lesson 25:** Jumping jacks, Desire, Improvement, Commitment
- Lesson 26:** Bicycle crunches, Consistency, Balance, Perspective
- Lesson 27:** Write a bio
- Lesson 28:** Shadow boxing, Organization, Refinement of skills, Self-control
- Lesson 29:** Lunges, Listening, Communication skills, Sportsmanship
- Lesson 30:** Rock climbers, Friendship, Understanding, Trust
- Lesson 31:** Leg raises and kicks, Consequence, Champion, Legend
- Lesson 32:** “Supermans,” Cost vs. benefit, Discipline, Compassion
- Lesson 33:** Dead lifts, Memories, Perseverance, Character
- Lesson 34:** Dips
- Lesson 35:** Reader’s Journal
- Lesson 36:** Sacrifice, Dealing with failure, Imagine

Lesson 10: Chapters 10-11

We will begin this week by reading Chapter Ten on *Alcohol* from **pages 240-258**. This chapter is divided into three sections. Each section's focus will be listed for you. We will continue this week with Chapter Eleven on *Tobacco* from **pages 262-278**. This chapter is divided into three sections as well. As you read through your text, make sure you are aware of each section's objective and take appropriate notes to help prepare for tests.

The purpose of Chapter Ten is to learn about how alcohol affects the individual, the family, and society. You will also learn about the risks of teenage drinking, the disease alcoholism, the support groups available to aid an alcoholic and his or her family and friends, the ways to refuse alcohol, and the ways to become a positive peer influence for avoiding the dangers of alcohol.

Section 10-1: The purpose of this section is to learn about alcohol as a drug, the risks and consequences of using alcohol, and the short- and long-term effects of alcohol on the body and brain.

Section 10-2: The purpose of this section is to learn about alcohol abuse and alcoholism, the problems associated with alcoholism, and ways families can deal with alcoholism.

Section 10-3: The purpose of this section is to learn about the consequences of underage drinking and the ways alcohol use can affect future plans. You will also learn about alcohol-related support groups and the ways to refuse alcohol when it is offered to you.

The purpose of Chapter Eleven is to learn about the dangers associated with tobacco, including short- and long-term effects of tobacco on the body. You will also learn about the benefits of living a tobacco-free life, as well as ways to refuse tobacco and tips for quitting.

Section 11-1: The purpose of this section is to learn that all types of tobacco products are addictive. You will also learn the dangerous ingredients in all forms of tobacco.

Section 11-2: The purpose of this section is to learn the short- and long-term effects of tobacco use on the user as well as the effects of secondhand smoke on a non-smoker.

Section 11-3: The purpose of this section is to learn how the media, family, and peer pressure influence teen smokers. You will also learn about ways to quit smoking and about effective refusal skills to refuse tobacco products.

After you finish reading this chapter, go over your notes one last time to prepare for the test. Make sure you are clear on all focus points and that you feel comfortable with the material. When you are ready, locate **Test 10** in your test packet, complete it, and send it to your teacher with your next work packet.