

# **Curriculum Map: Personal Fitness**

## **Unit: Fitness and Wellness**

- Topic: Fitness for Life
- Topic: Health/Skill Related Fitness
- Topic: General Readiness
- Topic: Physical Activity and Injury
- Topic: Health and Wellness Benefits

## **Unit: Physical Activity**

- Topic: Principles of Exercise
- Topic: Cardiovascular Fitness
- Topic: Flexibility
- Topic: Muscle Fitness

## **Unit: Fitness Assessment**

- Topic: 1/2 Mile Run
- Topic: Pacer
- Topic: VO2 Max
- Topic: Curl-Up
- Topic: Push Up
- Topic: Pull-Up
- Topic: Sit and Reach

## **Unit: Wellness and Personal Program Planning**

- Topic: Body Composition/Nutrition
- Topic: Consumer Choices
- Topic: Lifestyle and Environment
- Topic: Biomechanics
- Topic: Resistance Training