

G L E N C O E

Correlation

Foundations of Personal Fitness

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Florida
Personal Fitness
Grades 9 - 12

**CORRELATION
FLORIDA DEPARTMENT OF EDUCATION
COURSE DESCRIPTION**

SUBJECT: Health Education/Physical Education
COURSE NAME: Personal Fitness
SUBMISSION TITLE: Foundations of Personal Fitness © 2005
PUBLISHER: Glencoe/McGraw-Hill
GRADE(S): 9-12

COURSE CODE NUMBER: 1501300

OUTCOME NUMBER	BENCHMARK NUMBER	INTENDED OUTCOME/BENCHMARK DESCRIPTION	PAGE(S) OR LOCATION(S) WHERE TAUGHT IN MAJOR TOOL	I/M*
1		Apply knowledge of safety practices to participation in activities that promote physical fitness.	SE: 38, 39, 52, 54, 56, 60, 67, 69, 137, 275, 276 SE: 40, 43, 58, 59, 110, 269 TWE: 56, 57, 62, 275, 276, 310, 311 TWE: 98, 99	I M I M
	PE.B.2.4.1	know risks and safety factors that may affect physical activity throughout life.	SE: 12, 17, 36, 39, 41, 44, 45, 46, 61, 62, 65, 93, 98, 99, 108, 199, 203, 204, 206, 275, 276, 277, 278, 295, 330, 331, 353, 355, 371, 372 SE: 172, 176, 217, 241 TWE: 13, 14, 25, 41, 44, 45, 64, 65, 102, 103, 108, 275, 276, 277, 310-311, 328, 349, 364, 365, 330, 333, 342 TWE: 54, 204, 329	I M I M
	PE.C.1.4.2	know how to modify games and activities to allow for participation of students with special needs (e.g., physical disabilities).	SE: 206, 226 SE: 91, 232, 236 TWE: 49, 84, 148, 149, 213, 225, 234, 258-259, 302, 378	I M I

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2		Demonstrate understanding of the components of physical fitness.	SE: 72, 73, 74, 75, 76, 78, 80, 81, 89, 101, 102, 103, 104, 104, 105, 107, 108, 109, 111, 233-236, 305-314 TWE: 78-80, 102, 104, 108, 308, 309, 310, 340	I I
3		Apply knowledge of technology to facilitate personal fitness.	SE: 313, 228, 229 TWE: 8, 36, 55, 76, 86, 134, 157, 160, 183, 188, 197, 228, 229, 267, 297, 326, 348, 359	I I
	PE.B.1.4.3	use technology to assess, enhance, and maintain fitness and skills.	SE: 313, 228, 229 TWE: 8, 36, 55, 76, 86, 134, 157, 160, 183, 188, 197, 228, 229, 267, 297, 326, 348, 359	I I
4		Demonstrate understanding of health problems associated with inadequate fitness levels.	SE: 6, 12, 154, 174, 181, 1890, 190, 191, 206, 258, 329 SE: 5, 13, 14, 23, 167, 199, 200, 202, 204, 358 TWE: 6, 13, 23, 174, 204, 360 TWE: 7, 17, 175, 201, 202, 358	I M I M
	PE.A.3.4.1	know that physical activity reduces certain health risk factors.	SE: 4, 6, 7, 12, 14, 17, 23, 167, 169, 174, 175, 181, 187, 189, 190, 191, 199, 206, 329, 358, 359, 360 SE: 13, 72, 73, 152, 172, 198, 200, 202, 204 TWE: 6, 7, 10, 17, 23, 174, 201, 360, 358, 360 TWE: 388	I M I M
	PE.A.3.4.4	know the role of physical activity in the prevention of disease and the reduction of health-care costs.	SE: 6, 7, 13, 14, 50, 173, 198, 199, 200-203, 262 SE: 45, 152, 172, 205, 210 TWE: 44-45, 48, 172 TWE: 50, 51	I M I M

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5		Evaluate and select physical activities according to fitness value.	<p>SE: 26, 28, 29, 92, 197, 211, 214, 215, 220, 221, 223-225, 227, 228-232, 236, 264, 267, 269, 274, 298, 301, 331, 333, 334, 335, 336-337, 361-364, 365, 369</p> <p>SE: 31, 33, 83, 91, 157, 193, 199, 213, 219, 233-235, 237, 241, 245, 250, 257, 316-317, 318-320, 362, 363</p> <p>TWE: 26, 27, 222, 223-225, 231, 239, 239, 302, 306-307, 311, 334, 336-337, 364, 365</p> <p>TWE: 28, 196, 219, 266, 268, 275, 300, 335</p>	I M I M
	PE.A.3.4.5	evaluate the effectiveness and use of community resources related to fitness.	<p>SE: 24, 50, 51, 69, 158, 236, 237-240, 241, 262, 264, 265, 375, 376, 379, 380, 381</p> <p>TWE: 20, 50, 262, 263, 264, 265, 378</p> <p>TWE: 239, 240</p>	I I M
6		Design and implement a fitness program that meets individual needs	<p>SE: 31, 33, 92, 93, 96, 97, 104, 105, 106, 107, 108, 109, 188, 198, 226, 243, 256, 305-320, 321, 344, 365, 381</p> <p>SE: 89, 90, 91, 94, 101, 102, 103, 111, 167, 189, 215, 217, 232, 314</p> <p>TWE: 96, 97, 105, 106, 108, 191, 266, 316-317, 318-319</p> <p>TWE: 89, 188, 306-307, 308-309, 317</p>	I M I M
	PE.A.2.4.3	know how to evaluate one's own skilled performances.	<p>SE: 56, 78, 87, 109, 211, 215, 219, 267, 274, 308-309, 311, 312, 332, 334, 336-337, 365</p> <p>SE: 61, 221, 298, 338, 343, 349</p> <p>TWE: 78, 219, 308, 309, 334, 364, 365</p> <p>TWE: 214</p>	I M I M

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	PE.B.1.4.2	know how to apply the results of fitness assessments to guide changes in a personal program of physical activity and develop a training and conditioning program that enhances individual health-related needs.	SE: 56, 81, 87, 88, 89, 94, 104, 105, 156, 188-189, 191, 197, 211, 313, 220, 221, 223, 224, 225, 243, 256, 267, 269, 274, 314, 332, 323, 327, 331, 337 SE: 213, 231 TWE: 56, 77, 104, 105, 156, 188, 221 TWE: 223-225	I M I M
	PE.B.1.4.5	know how to make changes in an individual wellness plan as lifestyle changes occur.	SE: 81, 91, 92, 97, 142, 165, 185, 198, 211, 215, 217, 226, 228, 229, 231, 243, 260, 320, 327, 337, 361, 365, 369 SE: 162, 174, 238 TWE: 84, 155, 320, 368 TWE: 365	I M I M
7		Demonstrate understanding of correct biomechanical and physiological principles related to exercise and training.	SE: 54, 55, 56, 60, 82, 89, 100 SE: 228, 229, 230, 231, 232, 233-236 TWE: 9, 54, 195, 230, 248, 251 TWE: 23, 252, 253, 254, 255, 298-299	I M I M
	PE.A.2.4.1	understand how the laws of motion apply to the acquisition and improvement of skills.	SE: 53-56, 82, 83, 90, 250-252 SE: 95, 227, 228, 229, 230, 231, 239, 240 TWE: 56-57, 230 TWE: 54, 83, 98, 99	I M I M

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	PE.A.2.4.2	know how to analyze, evaluate, and implement the mechanical principles of balance, force, and leverage that apply directly to self-selected activities.	SE: 56, 74, 75, 78, 79, 80, 81, 94, 95, 236, 256, 269, 298, 328, 336, 337, 344 SE: 208, 209 TWE: 74, 78, 79, 252, 253, 298, 308-309, 328, 336, 337 TWE: 208	I M I M
	PE.B.1.4.1	know how to maintain appropriate levels of cardiovascular fitness, muscular strength and endurance, flexibility, and body composition necessary for a healthy lifestyle.	SE: 73, 81, 84, 147, 149, 150-152, 193, 196, 197, 198, 207, 208, 210, 211, 212, 215, 216, 221, 223-225, 226, 227-231, 242-243, 247, 249, 249, 254, 255, 270, 271, 305, 369 SE: 194, 195 202, 233, 234 TWE: 72, 73, 194, 196, 202, 209, 221, 223, 224, 225, 247, 254-255 TWE: 194	I M I M
8		Exhibit an improved level of health-related fitness.	SE: 8, 9, 11, 89, 90, 91, 102, 213, 214, 215, 273, 274, 298, 304, 306, 307, 315, 318-319, 321, 331, 346-353 SE: 86, 92, 274 TWE: 8, 9, 10, 102, 103, 297, 307, 317, 319	I M I
	PE.A.1.4.1	demonstrate competency or proficiency in self-selected activities	SE: 8, 9, 37, 104, 279, 295, 304, 317, 320, 343 TWE: 301, 316, 317	I M
	PE.B.1.4.4	maintain and improve motor skills and knowledge necessary for participation in beneficial physical activity.	SE: 8, 9, 11, 89, 90, 91, 102, 213, 214, 215, 273, 274, 298, 304, 306, 307, 315, 318-319, 321, 331, 346-353 SE: 86, 92, 274 TWE: 8, 9, 10, 102, 103, 297, 307, 317, 319	I M I

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	PE.C.2.4.2	participate in games, sports, dances, outdoor pursuits, and other physical activities that contribute to the attainment of personal goals and maintenance of wellness.	SE: 89, 213, 215, 267, 365, 369 TWE: 89, 221, 266, 306-307 TWE: 368	I M I
9		Describe the relationship of individual lifestyle to personal fitness and wellness.	SE: 3, 4, 5, 7, 11, 13, 15, 18, 19, 24, 26, 30, 77, 134-135, 154, 167, 175, 199-200, 210, 211, 243, 357-361 SE: 10, 17, 71, 81, 145, 204, 205, 138, 311, 362-369 TWE: 14, 15, 21, 26-27, 154, 198, 358, 360 TWE: 77, 204, 309, 363-364, 365, 366, 368, 371	I M I M
	PE.A.3.4.2	know how regular physical activity can relieve the stress of everyday life.	SE: 14, 16, 17, 23, 24, 74, 76, 188, 206 SE: 311, 340, 358 TWE: 16, 23, 76, 340, 358 TWE: 188, 311	I M I M
	PE.A.3.4.3	identify the effects of age, gender, race, ethnicity, socioeconomic status, and culture on physical activity preferences and exercise habits.	SE: 18, 19, 24, 69, 357, 358 SE: 360 TWE: 19, 358	I M I
	PE.B.1.4.6	know the correlation between obesity, high blood pressure, and increased physical activity.	SE: 14, 15, 150, 151, 359 SE: 36 TWE: 6, 14, 151	I M I

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	PE.C.1.4.1	understand the influence of age, gender, race, ethnicity, socioeconomic standing, and culture upon physical activity preferences and participation.	SE: 13, 20, 38, 39, 91, 111, 145, 360, 361 SE: 357 TWE: 20, 38, 91, 359	I M I
	PE.C.2.4.3	know the ways in which personal characteristics, performance styles, and activity preferences will change over the course of one's life.	SE: 23, 24, 26, 358, 359 TWE: 13, 20, 26, 27	I M
10		Demonstrate understanding of sound nutritional practices related to physical fitness.	SE: 115, 116, 117, 118, 119, 120, 121, 130, 131, 132, 133, 134, 135, 139, 173, SE: 128, 155, 156, 359 TWE: 114, 115, 116, 119, 120, 130-131, 132, 133, 135, 139 TWE: 134	I M I M
	PE.A.3.4.7	understand the utilization of fats, proteins, and carbohydrates as related to physical activity.	SE: 115, 116, 117, 118, 119, 120, 121, 130, 131, 132, 133, 134, 135, 139, 173, SE: 128, 155, 156, 359 TWE: 114, 115, 116, 119, 120, 130-131, 132, 133, 135, 139 TWE: 134	I M I M
11		Demonstrate understanding of consumer issues related to physical fitness.	SE: 50, 51, 136, 166, 235, 265, 376 SE: 184, 238, 262 TWE: 44-45, 63, 123, 160, 161, 214, 238, 240 TWE: 50, 92, 133, 172, 235, 262-263, 264-265, 350, 378	I M I M

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	PE.A.3.4.5	evaluate the effectiveness and use of community resources related to fitness.	SE: 50, 51, 143, 183, 184, 235, 241, 376, 377, 378 SE: 179, 235 TWE: 20, 50, 51, 63, 123, 184, 235, 264, 265, 350, 378 TWE: 183	I M I M
12		Demonstrate understanding of the benefits derived from participation in physical fitness activities.	SE: 4, 7, 11, 17, 19, 21, 25, 28, 29, 69, 77, 93, 94, 198, 210, 246, 249, 271, 274, 313, 314, 315, 321, 333, 335, 359, 361, 362 SE: 167, 313, 314, 357, 358 TWE: 11, 21, 77, 210, 315, 333, 359	I M I
	PE.A.3.4.6	understand the importance of making a commitment to physical activity as an important part of one's lifestyle.	SE: 11, 21, 25, 28, 29, 69, 77, 94, 198, 210, 246, 249, 271, 274, 313, 314, 315, 321, 333, 335, 359, 361, 362 SE: 313, 314, 357, 358 TWE: 11, 21, 77, 210, 315, 333, 359	I M I
	PE.B.2.4.5	understand the role of physical activity as a potential vehicle for social interaction and cooperative relations within the family and workplace.	SE: 4, 7, 11, 17, 19, 20, 21, 93, 352, 353-369 TWE: 7, 19, 20, 21, 76, 268, 367 TWE: 255	I I M
	PE.C.1.4.3	Know the value of sport and physical activity in understanding different cultures.	SE: 114, 367 TWE: 114, 340, 352, 366	M M

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	PE.C.2.4.1	identify personal feelings resulting from participation in physical activity	SE: 27, 29, 30, 93, 150, 154, 157 SE: 176 TWE: 4, 20, 28, 29, 30, 87, 154, 155, 176 TWE: 178, 246	I M I M