

<b>Curriculum Unit</b>			
Physical Education, High School			
<b>Subject Area</b>			
Foundations of Personal Fitness, High School			
<b>Course</b>			
Foundations of Personal Fitness, High School			
<b>Publisher</b>			
Glencoe/McGraw-Hill Division, a division of the McGraw-Hill., Inc.			
<b>Program Title</b>			
<i>Foundations of Personal Fitness</i>			
<b>ISBN</b>			
0078451272			
<b>TEKS (Knowledge and Skills)</b>	<b>Student Expectation</b>	<b>Breakout</b>	<b>Location of student expectation/TEKS.</b>
01. Movement. While participating in physical activity, the student applies physiological and biomechanical principles to improve health-related fitness. The student is expected to:	A. apply physiological principles related to exercise and training such as warm-up/cool down, overload, frequency, intensity, specificity, or progression; and	01. Apply physiological principles related to exercise such as warm-up/cool down, overload, frequency, intensity, specificity, or progression	Student Edition Chapters 1, 3, 8, 9, 11, 12  Teacher Wraparound Edition Chapters 1, 3, 5, 7, 8, 10, 11, 12
01. Movement. While participating in physical activity, the student applies physiological and biomechanical principles to improve health-related fitness. The student is expected to:	A. apply physiological principles related to exercise and training such as warm-up/cool down, overload, frequency, intensity, specificity, or progression; and	02. Apply physiological principles related to training such as warm-up/cool down, overload, frequency, intensity, specificity, or progression	SE Ch 3, 8, 9, 10, 11  TWE Ch 3, 7, 8, 10, 11
01. Movement. While participating in physical activity, the student applies physiological and biomechanical principles to improve health-related fitness. The student is expected to:	B. apply biomechanical principles related to exercise and training such as force, leverage, and type of contraction.	01. Apply biomechanical principles related to exercise such as force, leverage, and type of contraction.	SE Ch 2, 3, 8, 9, 10, 11  TWE Ch 2, 9, 10, 11
01. Movement. While participating in physical activity, the student applies physiological and biomechanical principles to improve health-related fitness. The student is expected to:	B. apply biomechanical principles related to exercise and training such as force, leverage, and type of contraction.	02. Apply biomechanical principles related to training such as force, leverage, and type of contraction.	SE Ch 2, 3, 9, 10, 11  TWE Ch 2, 9, 10, 11
02. Social development. During physical activity, the student develops positive self-management and social skills needed to work independently and with others. The student is expected to:	A. apply rules, procedures, and etiquette; and	01. Apply rules	SE Ch 2, 3, 9, 10, 11  TWE Ch 1, 9, 10, 11
02. Social development. During physical activity, the student develops positive self-management and social skills needed to work independently and with others. The student is expected to:	A. apply rules, procedures, and etiquette; and	02. Apply procedures	SE Ch 3, 9, 10, 11  TWE Ch 7, 10

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02. Social development. During physical activity, the student develops positive self-management and social skills needed to work independently and with others. The student is expected to:	A. apply rules, procedures, and etiquette; and	03. Apply etiquette	SE Ch 2, 3, 9, 10, 11 TWE Ch 10
02. Social development. During physical activity, the student develops positive self-management and social skills needed to work independently and with others. The student is expected to:	B. recognize and resolve conflicts during physical activity.	01. Recognize conflicts during physical activity	SE Ch 1, 3 TWE Ch 1, 3, 12
02. Social development. During physical activity, the student develops positive self-management and social skills needed to work independently and with others. The student is expected to:	B. recognize and resolve conflicts during physical activity.	02. Resolve conflicts during physical activity	SE Ch 1, 3 TWE Ch 1, 3, 12
03. Physical activity and health. The student applies safety practices associated with physical activity. The student is expected to:	A. demonstrate safety procedures such as spotting during gymnastics and using non-skid footwear;	>>>>>	SE Ch 2, 3, 9, 10, 11, 12 TWE Ch 2, 3, 5, 6, 7, 8, 10
03. Physical activity and health. The student applies safety practices associated with physical activity. The student is expected to:	B. describe examples and exercises that may be harmful or unsafe;	01. Describe examples that may be harmful or unsafe;	SE Ch 2, 10, 11 TWE Ch 2, 8, 10, 11
03. Physical activity and health. The student applies safety practices associated with physical activity. The student is expected to:	B. describe examples and exercises that may be harmful or unsafe;	02. Describe exercises that may be harmful or unsafe	SE Ch 2, 3, 11 TWE Ch 2, 10, 11
03. Physical activity and health. The student applies safety practices associated with physical activity. The student is expected to:	C. explain the relationship between fluid balance, physical activity, and environmental conditions such as loss of water and salt during exercise; and	>>>>>	SE Ch 2, 4 TWE Ch 2, 4
03. Physical activity and health. The student applies safety practices associated with physical activity. The student is expected to:	D. identify the effects of substance abuse on physical performance.	>>>>>	SE Ch 2, 4, 9 TWE Ch 1, 2, 7, 9

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04. Physical activity and health. The student applies fitness principles during a personal fitness program. The student is expected to:	A. explain the relationship between physical fitness and health;	>>>>>	SE Ch 1, 5, 6, 7, 9, 11, 12  TWE Ch 1, 2, 3, 5, 6, 7, 9, 12
04. Physical activity and health. The student applies fitness principles during a personal fitness program. The student is expected to:	B. participate in a variety of activities that develop health-related physical fitness activities including aerobic exercise to develop cardiovascular efficiency;	01. Participate in a variety of activities that develop health-related physical fitness activities to develop cardiovascular efficiency	SE Ch 1, 3, 7, 8, 10, 12  TWE Ch 1, 3, 7, 8, 12
04. Physical activity and health. The student applies fitness principles during a personal fitness program. The student is expected to:	B. participate in a variety of activities that develop health-related physical fitness activities including aerobic exercise to develop cardiovascular efficiency;	02. Participate in aerobic exercise to develop cardiovascular efficiency	SE Ch 1, 6, 7, 8, 9, 12  TWE Ch. 1, 3, 7, 8, 9
04. Physical activity and health. The student applies fitness principles during a personal fitness program. The student is expected to:	C. demonstrate the skill-related components of physical fitness such as agility, balance, coordination, power, reaction time, and speed;	>>>>>	SE Ch 3, 11, 12  TWE Ch 3, 7, 9, 10, 11
04. Physical activity and health. The student applies fitness principles during a personal fitness program. The student is expected to:	D. compare and contrast health-related and skill-related fitness;	02. Compare health-related and skill-related fitness	SE Ch 1, 3, 9, 11  TWE Ch 3, 9, 11
04. Physical activity and health. The student applies fitness principles during a personal fitness program. The student is expected to:	D. compare and contrast health-related and skill-related fitness;	01. Contrast health-related and skill-related fitness	SE Ch 3, 9, 11  TWE Ch 3, 9, 11
04. Physical activity and health. The student applies fitness principles during a personal fitness program. The student is expected to:	E. describe methods of evaluating health-related fitness such as Cooper's 1.5 mile run test;	>>>>>	SE Ch 1, 3, 8, 10, 12  TWE Ch 8, 9, 12
04. Physical activity and health. The student applies fitness principles during a personal fitness program. The student is expected to:	F. list and describe the components of exercise prescription such as overload principle, type, progression, or specificity;	01. List the components of exercise prescription	SE Ch 3, 8, 9, 10, 11, 12  TWE Ch 3, 8, 9, 10, 11

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04. Physical activity and health. The student applies fitness principles during a personal fitness program. The student is expected to:	F. list and describe the components of exercise prescription such as overload principle, type, progression, or specificity;	02. Describe the components of exercise prescription	SE Ch 1, 3, 8, 10, 11  TWE Ch 3, 9, 10
04. Physical activity and health. The student applies fitness principles during a personal fitness program. The student is expected to:	G. design and implement a personal fitness program; and	01. Design a personal fitness program	SE Ch 1, 3, 5, 8, 9, 10, 12  TWE Ch 1, 5, 6, 8, 9, 10, 12
04. Physical activity and health. The student applies fitness principles during a personal fitness program. The student is expected to:	G. design and implement a personal fitness program; and	02. Implement a personal fitness program	SE Ch 1, 6, 7, 8, 10, 12  TWE Ch 2, 3, 5, 6, 7, 8, 10, 12
04. Physical activity and health. The student applies fitness principles during a personal fitness program. The student is expected to:	H. evaluate consumer issues related to physical fitness such as marketing claims promoting fitness products and services.	>>>>>	SE Ch 1, 2, 4, 5, 6, 8, 9, 12  TWE Ch 1, 2, 5, 6, 8, 9, 12
05. Physical activity and health. The student comprehends practices that impact daily performance, physical activity, and health. The student is expected to:	A. investigate positive and negative attitudes towards exercise and physical activities;	01. Investigate positive attitudes towards exercise	SE Ch 1, 5, 7  TWE Ch 1, 6, 8
05. Physical activity and health. The student comprehends practices that impact daily performance, physical activity, and health. The student is expected to:	A. investigate positive and negative attitudes towards exercise and physical activities;	02. Investigate negative attitudes towards exercise	SE Ch 1, 3, 7  TWE Ch 1, 6, 8
05. Physical activity and health. The student comprehends practices that impact daily performance, physical activity, and health. The student is expected to:	A. investigate positive and negative attitudes towards exercise and physical activities;	03. Investigate positive attitudes towards physical activities	SE Ch 1, 6, 7  TWE Ch 6, 8

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05. Physical activity and health. The student comprehends practices that impact daily performance, physical activity, and health. The student is expected to:	A. investigate positive and negative attitudes towards exercise and physical activities;	04. Investigate negative attitudes towards physical activities	SE Ch 1, 7 TWE Ch 1, 6, 8
05. Physical activity and health. The student comprehends practices that impact daily performance, physical activity, and health. The student is expected to:	B. describe physical fitness activities that can be used for stress reduction;	>>>>>	SE Ch 1, 3, 6, 7, 10, 11, 12 TWE Ch 1, 3, 5, 6, 10, 11, 12
05. Physical activity and health. The student comprehends practices that impact daily performance, physical activity, and health. The student is expected to:	C. explain how over training may contribute to negative health problems such as bulimia and anorexia;	>>>>>	SE Ch 3, 6 TWE Ch 3, 6
05. Physical activity and health. The student comprehends practices that impact daily performance, physical activity, and health. The student is expected to:	D. analyze the relationship between sound nutritional practices and physical activity;	>>>>>	SE Ch 1, 4, 5, 6 TWE Ch 1, 4, 5, 6
05. Physical activity and health. The student comprehends practices that impact daily performance, physical activity, and health. The student is expected to:	E. explain myths associated with physical activity and nutritional practices;	01. Explain myths associated with physical activity	SE Ch 6, 9 TWE Ch 6, 9
05. Physical activity and health. The student comprehends practices that impact daily performance, physical activity, and health. The student is expected to:	E. explain myths associated with physical activity and nutritional practices;	02. Explain myths associated with nutritional practices	SE Ch 4, 6 TWE Ch 6
05. Physical activity and health. The student comprehends practices that impact daily performance, physical activity, and health. The student is expected to:	F. analyze methods of weight control such as diet, exercise, or combination of both; and	>>>>>	SE Ch 4, 5, 6, 12 TWE Ch 4, 5, 6, 12

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05. Physical activity and health. The student comprehends practices that impact daily performance, physical activity, and health. The student is expected to:	G. identify changeable risk factors such as inactivity, smoking, nutrition, and stress that affect physical activity and health.	>>>>	SE Ch 1, 2, 5, 6, 7, 9, 12  TWE Ch 1, 2, 5, 6, 7, 8, 9, 11, 12

Page(s)
8, 82, 85, 87, 89, 92, 94, 100, 101, 102, 104, 108, 109, 111, 233, 236, 248, 255, 267, 308, 311, 339, 340, 342, 344, 365
8, 78, 79, 83, 84, 92, 100, 102, 104, 106, 108, 109, 156, 197, 221, 234, 235, 279, 281, 299, 302, 306, 308, 319, 326, 339, 367
87, 89, 92, 94, 101, 102, 104, 108, 109, 111, 233, 236, 255, 302, 305, 307, 308, 311, 339, 340, 342, 343, 344
78, 79, 84, 92, 96, 100, 102, 104, 106, 197, 234, 235, 279, 281, 302, 306, 308, 311, 319, 326, 327, 339
53, 54, 56, 89, 228, 247, 253, 256, 276, 297, 298, 302, 303, 325, 328, 330, 331, 341, 344
54, 55, 251, 252, 253, 276, 297, 298, 303, 327, 328
56, 89, 247, 250, 256, 276, 297, 298, 328, 341, 344
55, 56, 251, 252, 253, 276, 298, 300, 303, 327, 328
51, 93, 255, 273, 275, 277, 319, 328
6, 255, 261, 275, 278, 283, 328
93, 273, 275, 278, 295, 319, 323
213, 275, 278, 283

Page(s)
51, 93, 273, 275, 278, 295, 319, 363 278, 283
7, 11, 22, 81 7, 76, 367
7, 11, 76, 81 7, 76, 367
47, 50, 69, 262, 268, 273, 276, 279, 323, 349, 353 49, 78, 79, 156, 174, 197, 213, 220, 230, 276, 288, 297, 308
52, 53, 54, 60, 278, 327, 331, 338, 350, 353 45, 52, 55, 240, 278, 350, 351
46, 60, 93, 327, 345, 353 45, 276, 278, 350, 351
40, 41, 42, 46, 69, 122, 126, 127, 128 42, 126, 127
61, 62, 64, 65, 67, 143, 255 6, 63, 64, 65, 66, 204, 255

Page(s)
3, 7, 10, 29, 33, 158, 186, 193, 210, 247, 355, 357, 359, 361, 381
10, 36, 87, 151, 173, 175, 177, 186, 204, 207, 247, 358, 359
8, 92, 109, 193, 197, 209, 213, 215, 219, 221, 222, 226, 298, 304, 365
8, 9, 92, 197, 213, 221, 363
3, 8, 174, 198, 209, 213, 215, 221, 267, 365
8, 9, 73, 91, 213, 215, 221, 226, 230, 232, 267
71, 78, 79, 80, 100, 343, 364, 367, 368
78, 79, 80, 105, 209, 267, 277, 298, 319, 334, 336, 337
11, 71, 73, 77, 81, 94, 248, 249, 333
77, 248, 333
71, 75, 76, 77, 81, 94, 248, 249, 333
77, 248, 333
3, 8, 9, 11, 82, 219, 223, 224, 226, 243, 314, 373
224, 267, 373
82, 83, 89, 94, 95, 96, 107, 233, 236, 248, 262, 302, 340, 361, 369
83, 88, 107, 233, 248, 275, 313, 340

Page(s)
5, 83, 84, 89, 90, 94, 95, 96, 236, 302, 340
83, 88, 93, 96, 97, 107, 248, 275, 277, 302, 313
25, 26, 31, 92, 106, 111, 167, 189, 198, 217, 232, 238, 256, 315, 321, 362, 365
26, 31, 150, 189, 226, 238, 241, 256, 320, 365
31, 189, 211, 215, 226, 315, 321, 362, 365
57, 91, 150, 189, 211, 226, 240, 256, 320, 365
18, 20, 24, 48, 50, 69, 143, 158, 164, 166, 180, 183, 184, 231, 233, 235, 238, 241, 261, 262, 265, 266, 375, 376, 378, 379
20, 48, 50, 52, 166, 183, 184, 229, 231, 232, 235, 238, 240, 263, 265, 268, 373, 376, 377, 378
18, 19, 20, 21, 24, 148, 198, 220
18, 19, 20, 21, 176, 186, 220
19, 20, 21, 24, 33, 111, 198
18, 21, 176, 220
18, 19, 21, 24, 175, 198, 220
176, 220

Page(s)
19, 20, 21, 33, 198
18, 176, 220
12, 17, 23, 74, 102, 188, 210, 311, 340, 358
16, 23, 74, 76, 102, 157, 188, 311, 340, 358, 361, 366
95, 98, 100, 176, 177, 178, 179, 191
99, 178
15, 115, 122, 128, 134, 138, 139, 140, 141, 142, 143, 145, 158, 164, 172, 179
10, 15, 17, 59, 117, 123, 134, 154, 166, 182
180, 181, 182, 185, 191, 257, 259, 260, 271
181, 182, 258, 259
135, 180, 181, 182, 185, 191
181, 182, 185
139, 153, 155, 156, 157, 161, 164, 165, 166, 167, 169, 186, 188, 189, 372
139, 156, 161, 164, 167, 181, 188, 372

Page(s)
12, 13, 14, 15, 17, 23, 64, 67, 151, 172, 175, 189, 199, 200, 203, 204, 206, 259, 358, 360
12, 13, 14, 15, 17, 58, 63, 64, 154, 186, 204, 209, 223, 259, 340, 360