

<p>7</p>  <p>Fitness Management</p>	<p>7</p>  <p>Fitness Management</p>	<p>7</p>  <p>Fitness Management</p>	<p>7</p>  <p>Fitness Management</p>
<p><input type="checkbox"/> K.2.7.A.1 Sort and classify physical activities/exercises (e.g., jogging, cycling, weight training, gymnastics...) that are best suited to developing each of the health-related fitness components (e.g., cardiovascular endurance, muscular endurance, muscular strength, flexibility, body composition...)</p>	<p><input type="checkbox"/> K.2.7.B.1 Promote the benefits of physical activity (e.g., greater work capacity, performance enhancement, healthy weight, prevention of injuries, prevention of disease such as cardiovascular and type II diabetes, prevention of depression...) for optimal health and fitness</p>	<p><input type="checkbox"/> K.2.7.C.1a Identify the names and locations of the major muscle groups (e.g., biceps, triceps, pectorals, abdominals, quadriceps, hamstrings...) in the context of exercise and physical activity</p>	<p><input type="checkbox"/> K.2.7.C.1b Describe the effects of exercise and inactivity (i.e., increased/decreased strength, hypertrophy/atrophy, increased/decreased lean muscle, increased/decreased elasticity, increased/decreased muscle tone) on the muscular system</p>
<p>K A</p>	<p>K B</p>	<p>K C</p>	<p>K C</p>

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<p><input type="checkbox"/> K.2.7.C.2 Identify and explain the FITT principle (i.e., frequency, intensity, time, and type of activity)</p>	<p><input type="checkbox"/> K.2.7.C.3 Describe the purpose of a warm-up (e.g., increased circulation, increased body temperature, mental preparation, increased focus on task, prevention of injuries, improved performance...) and a cool-down (e.g., gradual lowering of heart rate, prevention of dizziness/blood pooling, minimized muscle stiffness/soreness...) for physical activity participation</p>	<p><input type="checkbox"/> K.2.7.C.4 Identify personal factors and preferences for choosing physical activities (e.g., personal interests, influence of friends, appreciation of the outdoors, affiliation, competition, cooperation, fun...) for fitness and health</p>	<p><input type="checkbox"/> S.2.7.A.1a Demonstrate behaviours (e.g., regular participation, correct and safe execution, appropriate intensity level, self-monitoring, self-discipline...) for personal fitness-goal attainment</p>
<p>K C</p>	<p>K C</p>	<p>K C</p>	<p>S A</p>

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<p><input type="checkbox"/> S.2.7.A.1b Participate in continuous aerobic activity for a sustained period of time related to rate of perceived exertion and general target heart-rate zones</p>	<p><input type="checkbox"/> S.2.7.A.2 Determine the relationship between the rate of perceived exertion and the general target heart-rate zones (e.g., the level of exertion is somewhat difficult but the ability to talk remains while exercising in a healthy heart zone...)</p>	<p><input type="checkbox"/> S.2.6.A.3a → S.2.7.A.3a Demonstrate the use of assessment strategies (e.g., activity log, activity calendar, stopwatch, computer database program, heart-rate monitor...) to determine, organize, and record fitness results and physical activity participation</p>	<p><input type="checkbox"/> S.2.7.A.3b Chart own fitness results (e.g., using information technology...) throughout the year to determine effects of activity participation and/or specific training on personal progress</p>
<p>S</p>	<p>A</p>	<p>S</p>	<p>A</p>